

Pottery Classes for Adults

Taught by Michelle Lueth

Held at the Arts & Crafts Bldg., 7997 California Ave. in Fair Oaks

Adult Pottery

Come have fun playing in the mud! Experience one of the most ancient & relaxing art forms while learning different techniques to create your own individual works of art. Hand building as well as wheel throwing will be offered. The emphasis is on fun while exploring your creative side. A \$22 materials fee is due to the instructor at the first class.

Day/ Time:	9/20-10/11	Tuesday	1:30-3:30pm
	9/21-10/12	Wednesday	1:30-3:30pm
	9/21-10/12	Wednesday	4-6pm
	10/25-11/15	Tuesday	1:30-3:30pm
	10/26-11/16	Wednesday	1:30-3:30pm
	10/26-11/16	Wednesday	4-6pm
Fee:	\$71		

Adult Pottery Studio

The studio is open for students who have previously taken an adult pottery class from Michelle. It is open registration and participants can sign up at any time by purchasing a punch card. The punch card is good for 4 classes and expires 60 days from the date of purchase. One class equals 2 hours of studio time.

Day/ Time:	September-December, Tuesdays & Wednesdays 12:30-6pm		
	*No class December 20-28		
Fee:	\$60 punch card & \$22 materials fee due at first class		

Estate Planning, Taxes and You

Presented by Mike Bennett of Generations Law

Mike will discuss the benefits of estate planning, discuss a number of options for people from all walks of life and also debunk many myths about estate planning, probate and taxes.

Location:	La Sierra Community Center
Day/Time:	Thursday, 10-11am
Date:	9/14 or 3/22
Fee:	FREE but you must pre-register by calling 483-7826

Realities of Planning for Long Term Care

Presented by Steve Kenyon, Licensed Insurance Agent

This workshop is a great place to start if you are looking ahead for yourself or for a loved one. Find out what exactly Long Term Care Insurance is and how to pay for it. Whether you are making a decision for yourself or your parents, the time to plan for Long Term Care needs is before you need them.

Location:	La Sierra Community Center, Room 800
Day/Time:	Wednesday, 6-7:30pm
Date:	10/19 or 2/8
Fee:	FREE but you must pre-register by calling 483-7826

AARP Mature Driving Classes

Taught by Wayne Edwards,
Certified Instructor



AARP Mature Driving

The course concentrates on driving concerns for people age 50+. Participants will learn about driving situations requiring quick response, full vision and interaction with other drivers. It is suggested that you check with your insurance company to see if they offer a discount for taking the class. A \$2 administrative fee will be collected at the time of registration.

Location:	Carmichael Park
Day/Time:	9am-1pm
Dates:	11/15 and 11/16
Fee:	\$12 AARP member/ \$14 non-member

AARP Mature Driving Refresher

This is a one-day refresher course for those people who have taken the 8-hour class in the last four years. The certificate is still good for 3 years. A \$2 administrative fee will be collected at the time of registration.

Location:	Carmichael Park
Day/Time:	9am-1pm
Dates:	10/20 or 3/20
Fee:	\$12 AARP member/ \$14 non-member

Karate & Kobudo for Adults

Taught by Adam Abramson

This traditional martial art class teaches Ken Sei Kan, a mixture of Shorin Ryu and Uechi Ryu; where karate originated from. Participants will learn improved self control, discipline and confidence. Instructor, Adam Abramson has over 14 years experience and holds a 4th dan/shidojin degree.

Location:	La Sierra Community Center, Room 800
Day/ Time:	Tuesday and Thursday, 7-9pm
Dates:	Monthly *No class 11/24
Fee:	\$35

First Aid & Adult, Child & Infant CPR

This 8-hour class is a basic training course in emergency care for infants and children. There are also adult essential skills included which differ from the skills for infant and child care. Emphasis is on the development of Primary and Secondary Essential Skills. This class meets the Pediatric CPR and First Aid and Child Care Provider requirements. Certifications are good for 2 years.

Location: Carmichael Park
 Day/Time: Saturday, 8:30am-5:30pm
 Dates: 9/17, 10/1, 10/22, 11/19, 12/3, 1/14, 1/28, 2/11, 3/3 or 3/17
 Fee: \$50 & \$15 lab fee paid to instructor at class



Adult Quilting Camp

NEW!!

Taught by One Thousand Threads

Join us for some fun at our fundraising class and help pass on the gift of sewing to a new generation! Projects are available for all skill levels. Learn to sew and quilt if you're a beginner or brush up on your skills if you are more advanced. Create great projects from a wide variety of pre-cut kits that can be treasured keepsakes or holiday gifts. All equipment will be provided. No previous sewing experience necessary.

Location: Carmichael Park Clubhouse
 Day/Time: Friday - Sunday, 9am-3pm
 Dates: 11/11-11/13
 Fee: \$95/\$25-\$50 Materials fee (paid to instructor & depends on projects chosen)

LINE DANCING

Taught by Norman Gifford

BEGINNING

Learn the basics needed to become a successful line dancer. Routines and teaching are tailored for the active adult. Partners are not necessary so kick up your heels and have some fun!

INTERMEDIATE

Previous dance experience is required.

Location: Fair Oaks Clubhouse, 7997 California Avenue
 Day/Time: Beginning: Thursday, 6-7pm
 Intermediate: Thursday 7:30-9pm
 Dates: 9/1-9/29*, 10/6-10/27, (no class in Nov. or Dec.), 1/5-1/26, 2/2-2/23, 3/8-3/29
 *No class 9/8 or 3/1
 Fee: Beginning \$26/4 weeks
 Intermediate \$30/4 weeks

GUIDED AUTOBIOGRAPHY CLASSES

Presented by Lisa Smith-Youngs, Certified Instructor

Guided Autobiography (GAB) helps individuals organize their life stories. Participants are led through themes and priming questions that evoke memories of events that they would like to put to paper. Writing and sharing life stories with others is an ideal way to uncover the meaning of life and leave a legacy to loved ones.

Guided Autobiography workshops are divided into 2 workshops of 5 sessions each. In between sessions, participants write 2-page stories (no more than 1,000 words) in response the weekly theme and "priming questions" shared at the weekly class. At the weekly class, the instructor leads students through creativity exercises and an overview of the weekly theme. The second half of the session is devoted to sharing your written story with a small group of class participants. Group size is limited and reservations are required. No previous writing experience necessary.

Intro to Guided Autobiography (GAB) This one-time only introductory class provides an "insider view" of the GAB process. Students will have time with a certified

instructor to participate in creativity exercises and a short in-class writing assignment. If you are considering writing your memoir or life history but are unsure of how to begin, this session will help you discover proven methods in a fun and stress-free environment. No previous writing experience necessary.

Location: Carmichael Park Clubhouse
 Day/Time: Tuesday, 6-7:30pm
 Dates: 1/10
 Fee: Pre-register by calling 485-5322. \$5 materials fee paid to the instructor at class.

Guided Autobiography I

Location: Carmichael Park Clubhouse
 Day/Time: Tuesdays, 6-8pm
 Dates: 1/17-2/14
 Fee: \$50/5 weeks

Guided Autobiography II

(must complete GAB I first)
 Location: Carmichael Park Clubhouse
 Day/Time: Tuesdays, 6-8pm
 Dates: 2/21-3/20
 Fee: \$50/5 weeks