



SAVE thru March

Program Guide

Winter, 2012

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Save this document! It replaces the monthly listings of classes and activities which have been in the newsletter. You will still get a monthly newsletter, but it will be newsier, and will not have class listings which are already in this guide.

ON-GOING AQUA CLASSES AND POOL ACTIVITIES

ON-GOING AQUA CLASSES AND POOL ACTIVITIES

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
6am :15 :30 :45	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00 - 7:00 OPEN SWIM	6:00-10:00 OPEN SWIM	
7am :15 :30 :45	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS	7:00-8:00 EARLY BIRD AQUA	7:00-7:45 AQUA SUNRISERS		
8am :15 :30 :45	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS	8:00-5:30 OPEN SWIM	8:15-9 AQUA AGELESS		
9am :15 :30 :45	9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		9:15-10 AQUA FIT 'N' TONE		
10am :15 :30 :45	10:00-7:45p OPEN SWIM		10:00-7:45 OPEN SWIM		10:00-3:15 OPEN SWIM	10:00-11 AM AQUA FITNESS FUSION	POOL RENTAL
11am :15 :30 :45						11:00-2:00 OPEN SWIM	
12pm :15 :30 :45							
1PM :15 :30 :45			Every week 1:00-7:45 HOT TUB CLOSED				
2PM :15 :30 :45			Last full week of month, POOL CLOSES at 1:00			2:00-3:45 FAMILY TIME SWIM	
3PM :15 :30 :45					3:15-5 FAMILY TIME SWIM	3:45-5	
4PM :15 :30 :45						OPEN SWIM	
5PM :15 :30 :45		5:30-6:30 AQUA		5:30-6:30 AQUA			5:30- 7:45pm OPEN SWIM
6PM :15 :30 :45		FITNESS FUSION 6:30-7:45 OPEN SWIM		FITNESS FUSION			
7PM :15 :30 :45				7-7:45 WATER VOLLEYBALL			

ON-GOING FITNESS CLASSES AND FITNESS GROUPS

Insert	Program Guide							
	Sun	Mon	Tue	Wed	Thur	Fri	Sat	
7am :15 :30 :45			7-7:45 STUDIO STRENGTH	7-8am Mindful Morning Movement	ZUMBA 7-7:45 AM			
8am :15 :30 :45		B I K E C L U B				8-9AM BODY WAKEUP	8:00 - 8:45 CORE & MORE	
	8:30-9:15 TAI CHI		8:30 - 9:15 CORE & MORE	8:30-9:15 TAI CHI	8:30-9:15 CORE & STRENGTH			
9am :15 :30 :45			9:30-10:15 BODY WAKEUP	9:30-10:15 COUNTRY LINE	9:30-10:15 ZUMBA	9:30-10:15 MOVE & GROOVE	9:30-10:15 ZUMBA	9-9:45 ZUMBA
10am :15 :30 :45		10:30-11:30 Silver Sneak MSROM	10:30-11:30 GENTLE YOGA	10:30-11:30 Silver Sneakers MSROM	10:30-11:30 GENTLE YOGA	10:30-11:30 Silver Sneakers MSROM	10-12 ADV PING PONG	10-11 Silver Sneakers CardRm
11am :15 :30 :45								
12PM :15 :30 :45			12:00-1:00 ENHANCE FITNESS	12-1:15 SLO FLO YOGA	12:00-1:00 ENHANCE FITNESS	12-1 PM YIN RESTORATIVE YOGA		
1PM :15 :30 :45	1:00-2:00 YIN YOGA		1:15-3:15 OPEN		1:15-2 PILATES			
2PM :15 :30 :45			PING PONG Int/Adv		2:15-4:15 OPEN PING PONG			
3PM :15 :30 :45				3:00 - 5:00 OPEN PING PONG	3 - 4 TAP NAG studio			
4PM :15 :30 :45				All Levels	4:30-5:30 Folk Dance			
5PM :15 :30 :45		5-5:45 KETTLEBELL Strngth Fusion			5:45-6:45 CLASSICAL YOGA			
6PM :15 :30 :45		6:00-7:00 CLASSICAL YOGA	6-6:45 Strngth CIRCUIT	6-7 MINDFUL YOGA	6-6:45 ZUMBA	6-6:45 Strngth CIRCUIT		
7PM :15 :30 :45		7:30 - 9:30 OPEN	7:15-8 STEP, STRENGTH CORE	7-7:45 PILATES	7:00-8:00 PING PONG LESSONS			
8PM :30		PING PONG						
9PM :30		All Levels						

All of these classes meet weekly, throughout the year.

ON-GOING FITNESS CLASSES

All of our on-going fitness classes meet weekly. Fees for the classes are \$6m/\$8nm *per* class.



YOGA

All of our yoga classes are movement-based Hatha Yoga. In each class there is a warm up, there is breath-work, asanas (postures or held-poses), and relaxation or meditation. The benefits of any of our yoga classes are stress reduction, increased flexibility and increased muscle strength. Our teachers differ in the traditions of their training, and in teaching styles. The Gentle Yoga classes are “chair adaptive,” and work well for people for whom floor-mat-work is difficult or uncomfortable.

YIN YOGA, Sun, 1-2p; Fri, 12-1p
Instructors: David Runkle, Lori Williams

BODY WAKEUP,
Mon, 9:30-10:15a, Fri 8-9 a
Instructors: Kitty Runzheimer, Katie Milbrett

CLASSICAL YOGA,
Mon, 6:00-7:00, Thurs, 5:45-6:45p
Instructors: David Runkle, Lori Williams

GENTLE YOGA,
Chair Adaptive,
Tue & Thurs, 10:30 - 11:30a
Instr: David Runkle, Katie Milbrett

SLO FLO YOGA,
Wed, 12-1:15p
Instructor: Sigrid Londo

MINDFUL YOGA,
Tues, 6-7p
Instructor: Sheila Giles

MORE ABOUT YIN YOGA, a special style of yoga - Poses are held longer for greater stretch and restoration, as opposed to flowing movement. Props are frequently used, and most poses are held on the floor rather than standing. (Sun, 1-2p)

YOGA INSTRUCTORS:

Sheila Giles - Level 1 Yoga Fit, 200 hrs of Rosen Bodywork/Rosen Movement training
Sigrid Londo - Registered Yoga Trainer, Himalayan Institute of PA
Katie Milbrett - Yoga Instructor, Seva Yoga School, Bristol England
David Runkle - Registered Yoga Trainer 200 hr- Heartwork Studio
Kitty Runzheimer - ACE Certified Personal Trainer & Well-coaches Certified
Lori Williams, Registered Yoga Trainer 200 hr – Green Lotus



DANCE AND AEROBIC EXERCISE

All of these classes provide mild to vigorous aerobic training, and fun movement to music. (Classes marked+ indicates hybrid classes with ½ of class aerobic exercise; other ½ strength training).

COUNTRY LINE DANCING-
Tues, 9:30-10:15a Learn nationally

known Country Line dances. Light to moderate aerobic conditioning.
Leader: Elsie Forsythe, Kate Stuart
ZUMBA™ FITNESS,
Wed 9:30-10:15a, Wed 6-6:45p,
Thurs 7-8a, Fri 9:30-10:15a and Sat 9-9:45a
Aerobic Latin dance combining Merengue, Cambio, Salsa, Cha-cha, Belly dance, and Rock ‘n’ roll. Moderate aerobic conditioning.
Instructors: Lu Herbeck, Cathy Flicek, Gale Marchand

STEP, STRENGTH & CORE

Tuesdays 7:15-8 pm **(new)**
Motivating Studio Class! Enjoy moving to the music with this low impact step aerobic class which includes strength & core toning at the end. No experience necessary! Experienced Instructor leads a fun cardiovascular conditioning class with options for all that will allow you to strengthen muscles while exercising with a fun group, and excellent tunes that keep you moving. Class includes some strength training, and work for the Core (abs, back, sides) as part of the program
Instructor: Nicolle Hebeisen, MA Physical Education

MOVE ‘N’ GROOVE,
Thurs 9:30– 10:15a Move to the best tunes of the 50’s, 60’s Latin Pop in this moderate aerobic fitness class.
Instructor: Jan Otteson

FOLK DANCING,
Thurs, 4:30-5:30p Learn line and circle dances from around the world. Light to moderate cardiovascular conditioning.
Instructor: Kate Stuart

TAP DANCING, Thurs, 3-4p
Explore the styles of tap, its music and sound variations. Venue:NAG studio. **Session based; 4-weeks each starting - Dec 15 (no class Dec 22 or 29); Jan 26; Feb 23; Mar 29. Each Session: \$ 36m/\$40nm**
Instructor: Charisse Ponder

(DANCE, AEROBIC CONT.)**+ENHANCE FITNESS™**

Tues & Thurs, 12-1p
National evidence-based fitness program with a twenty minute aerobic workout, strength training, thorough balance work with chair assistance. Free to UCare subscribers, but all are welcome to participate.
Instructor: Gale Marchand

+CIRCUIT TRAINING,

Tues & Thurs, 9:30-10:30a
Strength and aerobic training on timed stations in the Fitness Center, with selectorized equipment, free weights and cardiovascular machines. Fitness Orientation required.
Instructors: Gale Marchand, Becky Conroy.

DANCE AND AEROBIC INSTRUCTORS:

Elsie Forsythe - Line Dancer for 9 years

Lu Herbeck, NETA Group Fitness Personal Trainer, Licensed_Zumba™, 28+ yrs certified experience

Gale Marchand, NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness, NIHS Personal Fitness Specialist, 30+ class format certifications, 11 years of fitness aerobics on all levels, Licensed_Zumba™ Instructor

Jan Otteson - NETA Certified Fitness Instructor, Licensed_Zumba™ Instructor

Charisse Ponder - choreographer, dancer and teacher; studied at the Joffrey School of Ballet in NYC

Kate Stuart - BA, MA in Music; 30+ years experience in dance choreography and teaching.

STRENGTH AND CIRCUIT

The goal of these classes is to increase muscle strength, endurance and flexibility. (See also aerobic classes in previous section, marked with a +).

+KETTLEBELL STRENGTH FUSION (new)

Mon, 5- 5:45p (Begins Jan 9)
Kettlebell training is effective at burning calories and toning the entire body. In this mixed format class we combine Kettle bell training and the latest in free weight strengthening. Shape the legs, arms, midsection in this specialty class which also incorporates body weight exercises and medicine ball training for a unique workout. Exercises are followed with appropriate stretches for muscles used. All equipment is provided.
Instructor: Lu Herbeck

STRENGTH CIRCUIT,

Tues & Thurs, 6-6:45p, Fitness Room
Progressive strength training class involving selectorized and free weight equipment with timed stations, led by instructor. Fitness Orientation required.
Instructor: Don Forsberg

STUDIO STRENGTH,

Tues, 7-7:45a
Strength training class in the studio. Uses free weights, bands, and body weight to strengthen and tone.
Instructor: Don Forsberg

SILVERSNEAKERS MSROM™

(Muscular Strength & Range of Motion), Mon, Wed, Fri 10:30-11:30a, and Sat, 10-11a
Nationally known program includes strength, flexibility and balance training with chair assistance.
Instructors: Gayle Klauser, Craig Swenson, Don Forsberg, Lu Herbeck

STRENGTH, CIRCUIT INSTRUCTORS:

Don Forsberg - ACE Personal Trainer, MSROM™ trained, Matter of Balance Master Trainer

Lu Herbeck, NETA Group Fitness Personal Trainer, Licensed_Zumba™, 28+ yrs certified experience

Gale Klauser - ACE Group Fitness & AEA Certified, Silver Sneakers MSROM™ trained

Gale Marchand - see Dance/Aerobic listing

Craig Swenson - AS Exercise Science, Certified YMCA Strength/Conditioning Coach & Group Fitness, experienced Adaptive Exercise Coach, MSROM™, Enhance Fitness™ Certified

Jan Otteson - see Dance/Aerobic listing

GENTLE MOVEMENT AND TAI CHI

Both of these classes use slow and fluid movement which gently conditions the body's cardio-vascular, respiratory, digestive and muscular-skeletal systems.

TAI CHI, YANG STYLE,

Mon & Wed, 8:30-9:15a
The class moves through the 24 forms of Yang style Tai Chi. In addition to physical conditioning, Tai Chi is know to bring mental relaxation and improve concentration.
Instructor: Hong Yuan Lang, native of China

GENTLE MOVEMENT, CONT MINDFUL MORNING MOVEMENT, Rosen Technique,

Wed 7 - 7:45a

Move freely with this technique designed by a physical therapist (Mary Rosen). Class includes a sequence of joint mobilization, stretches and slow dance movements.

Instructor: Sheila Giles, 200+ hours combined Rosen bodywork/Rosen Movement.

**CORE BASED AND PILATES**

All everyday functioning relies on the core, the midsection of the body. Core stability and strength balances one's muscles and posture, taking pressure off the back.

CORE & MORE,

Tues 8:30-9:15a, Sat, 8 - 8:45a

Pilates-style midsection toning of the abs, back and sides, incorporating stability balls, weighted balls, balls and 1/2 foam rolls. Postural corrections & alignment is emphasized. Intermediate balance training included.

Instructors: Gale Marchand, Lu Herbeck

CORE PLUS STRENGTH,

Thurs, 8:30-9:15a

Midsection toning of abs, back and sides, along with strength training in one class period. The large stability balls and other tools are used.

Instructor: Stacey Popp

PILATES,

Wed 7-7:45p and Thurs 1:15-2p

Matwork incorporating the principles established by Joseph Pilates. Some classes may include use of weights or

small balls.

Instructors: Diane Keefer, Cathy Flicek

CORE/PILATES INSTRUCTORS:

Lu Herbeck – NETA Group Fitness, NETA Personal Trainer

Gale Marchand - NSC Fitness Manager, ACSM Personal Trainer, NETA Group Fitness Instructor

Stacey Popp - ACE certified Fitness Instructor, NETA Personal Trainer & Mat Pilates-NEDITA & Pilates Institute of America

Diane Keefer - ACE Group Fitness & Pilates Certified

SPECIAL INTRO TO YOGA WORKSHOP

Mondays 12 noon – 1 pm 4 weeks only

Explore forms of yoga in this introductory class. Learn about asana, practice gentle yoga, breath work and receive guidance as to how yoga can fit into your life and help you develop flexibility, peacefulness and health. While designed for those new to yoga, all are welcome to join.

Instructor: Bob Bruce, RYT – Kripalu Yoga – Yogi for over 20 years No Fee

MOTHER/DAUGHTER INTRO TO BELLYDANCING

This collaboration with the Arts Guild is open to mothers and daughters of all ages. At this beginner's workshop, you will learn isolations and traveling steps used in Middle Eastern dance.

We will practice fun combinations, and maybe a short dance! Wear comfortable clothing. Bring a sweatshirt and socks – in case it's cold in the NAG dance studio.

Teacher: Kate Southwick

Venue: Arts Guild Dance Studio

Sat, Jan 28 & Feb 4, 10:30a - 12noon

Fee: \$39nm/\$35m OR

Mother-Daughter-Granddaughter Pairs would be \$76nm *per pair* and \$68m *per pair*

Fitness Group fees

Aff, Gen, Aqu - \$3

Fitm, Plat, SS - no fee

Non-members - \$6

TABLE TENNIS LESSONS (Session-based)**INTRO TO TABLE TENNIS**

Designed for those who have never learned the exact 'rules' of the game and want to improve their skills.

Current and 'rusty' players alike are welcome to register. Six sessions cover four basic strokes and serve. Basic, easy to learn techniques cover striking zone, fore hand, back hand, under spin, top spin, stance, paddle grip & more. Class limit 4-6.

Session 1 - Thursday's 7 pm- 7: 55 pm; Feb 16, - Mar 22

Session 2 – Thursday's 7 pm- 7: 55 pm; Mar 29 - May 3

BASIC TABLE TENNIS: (level 2) Designed for students who already know how to play the four basic strokes plus serve. Course covers techniques such as serve variations, serve returns, tactics for singles & doubles, and play time for both. Class limit 4-6

Session 1 - Thursdays 8 pm- 8: 55 pm; Feb 16 - Mar 22

Session 2 – Thursdays 8 pm- 8: 55 pm; Mar 29 - May 3

Instructor: Instructor: Randall Perkins, 30 years' table tennis experience, USATT certified umpire & Level 1 Coach

Fee *per 6 wk session:* \$36m/\$48nm

ON-GOING AQUA CLASSES AND POOL ACTIVITIES



AQUA CLASSES

All of our aquacise classes provide aerobic and strength conditioning using water resistance and buoyancy. They include a warm up, a conditioning phase, a cool down, and stretches.

SUNRISERS AQUA,

Mon-Wed-Fri 7-7:45a
Instructor: Marilyn Kelley

AGELESS AQUA,

Mon-Wed-Fri, 8:15-9a
Instructors: Gayle Klauser, Jan Otteson, Craig Swenson

AQUA FIT 'N' TONE,

Mon-Wed-Fri, 9:15-10a
Instructors: Gayle Klauser, Jan Otteson, Don Forsberg

EARLY BIRD AQUA,

Tues-Thurs, 7-8a
Instructors: Nicolle Hebeisen, Don Forsberg

AQUA FITNESS FUSION,

Tues-Thurs 5:30-6:30p, Sat 10-11a
Instructors: Jan Otteson, Don Forsberg

AQUA INSTRUCTORS

Don Forsberg - ACE Personal Trainer, Silver Sneakers MSROM™ trained

Nicolle Hebeisen - BA Exercise Science, Silver sneakers Silver Splash™

Marilyn Kelly - Silver Splash trained

Gayle Klauser - ACE Group Fitness & AEA Certified

Jan Otteson - AEA Aquatic & NETA Group Fitness Certified, WSI Certified

Craig Swenson - AS, Exercise Science, certified YMCA Group Fitness & YMCA Strength Coach, experienced Adaptive Exercise Specialist

WATER VOLLEYBALL

Thurs, 7-7:45p

For fun and fitness, NOT a competitive league! No experience required. Achieve your fitness goals while playing a game. Think of it as low impact aerobic exercise, or just pure entertainment.

Leader: Don Forsberg

Fitness Group Fees apply (see pg 6).



FAMILY SWIM

Fri, 3-4:45p and Sat, 2-3:45p

Enjoy wonderful family fun and exercise with your grandchildren! On Saturdays, younger YMCA-member families are also welcome. The warm water pool provides a great environment for playing with children. Grandparents or parents are responsible for their children at all times, and must accompany their children/grandchildren in the pool. Lower age

limit: 3 yr, and toilet trained.

Not instructor-led. There is a volunteer monitor on duty.

FITNESS GROUPS

BIKE CLUB

Mondays, 9:15, Bittersweet back room to start

When the cool weather sets in the group starts with conversation and warm drinks, then moves on to walks & cross country skiing. If you are interested in getting up-to-date information, contact Peggy Prowe: 650-8261, or peggyprowe@gmail.com.

The group will resume bike trips in April; look for information in the newsletters. Volunteer led.
No fee for this activity.



PING PONG

Mon, 7:30-9:30p All levels
 Tues, 1:15-3:15p Int/Adv
 Wed, 3-5p All levels
 Thurs, 2:15-4:15p All levels
 Sat, 10a-noon Adv

The NSC-sponsored Ping Pong group is open to members as well as others in the community. Opportunities for all levels of play abound. The beginner or recreational players

are as welcome as those who are interested in advancing their skills to enjoy a sport that is growing in popularity across the country. Learn to play, practice and have fun! Led by member-volunteers
 Fitness Group fees apply

Fitness Group fees

Aff, Gen, Aqu - \$3
 Fitn, Plat, SS - no fee
 Non-members - \$6

FITNESS GROUPS

HEALTHY LIFESTYLE CLASSES

WEIGHT MANAGEMENT LIFESTYLE

Mondays, 6-7p, Jan 9 - Mar 26
 (12 weeks)

Time to begin the Losing Game? Learn specific, dynamic and effective keys to success from a top notch trainer, Lu Herbeck. This course combines group personal training services with a well developed lecture series that gets right to the point with evidence-based, reliable techniques in health and fitness for weight management success. Working in a group gives the individual support and motivation. Lu has 28+ years certified experience in the fitness industry and has helped thousands in their journey of healthy lifestyles. Program will include health and fitness assessment at the

beginning and end of the course. Pre-registration required-no drop in's

Presenter: Lu Herbeck, NETA certified Personal Trainer and Group Fitness, Professor at MN School of Business instructing Medical, Health and Fitness courses.

Fee: (12 week program) \$84 m \$144 nm \$30 Platinum Must pre-register

GROCERY SHOPPING WITH A NUTRITIONIST

Tuesday, January 17 – 9:30-11:30 am

Have you ever thought how nice it would be to have your own Nutrition Expert to shop with? What does 'Natural' really mean? What

does '2 grams of Whole Grain' really mean? This outing will focus on healthy strategies and knowledgeable decisions for healthy eating, weight management, high blood pressure, diabetes, cancer prevention, organic, whole grain vs natural, and more. LuAnn will plan the shopping trip to fit the particular interests of the class members.

Presenter: Louanne Kaupa, MA, RD, LN, 20 + yrs experience in the field of Nutrition, Owner of Eat Well Nutrition Therapy
Register by Jan 16 Meet at NSC, and then go together to grocery store.

Program fee: - \$12 m \$16 nm – PL-suggested donation-\$5

PERSONAL FITNESS TRAINING

What is Personal Training? Our certified trainers can help you safely & effectively meet your fitness and weight management goals, whether you are new to exercise or a tried and true gym veteran. There is something for everyone. With reasonable rates, high demand skills, custom-made programs, our intuitive, motivating & friendly trainers are committed to your personal success. NSC is the Leader in Fitness for 50+ in Northfield.

Who are they? All of our trainers have nationally recognized, current certifications, along with additional training especially for working with people over 50.

Lu Herbeck – NETA Trainer, specializes in Weight Management, and Fitness for Health Management
Don Forsberg – ACE Personal Trainer, specializes in Strength Training & Balance

Diane Keefer- NETA Trainer, specializes in Pilates, Baby Boomer fitness, Spinal Health & Posture
Charlie LeFebvre- NASM Trainer, specializes in Core Strength, General Conditioning

How often? Meeting with a trainer can be a weekly, monthly, quarterly or a one time situation. No contracts are involved. We make it simple to receive professional, trustworthy advice. How often depends on your goals, and what type of support you desire.

How much? Investing in our health is always an important decision. This is why we offer only certified trainers who have a nationally recognized certification and specific training to our members' needs.

Affordable Fees:

- Initial Session (1hr) \$40m/\$45nm
- Subsequent hr \$40m/\$45nm
- Subsequent 1/2-hr \$25m/\$30nm

For more information, or to schedule a personal training session, call Gale Marchand, Fitness Manager, 664-3702.



PERSONAL FITNESS TRAINING

ART CLASSES, GALLERY EXHIBITS

INTERMEDIATE WATERCOLOR PAINTING

Thursdays, 9:30 - 11:30am Jan 12, 19, 26, Feb 2, 9, 16 (six sessions)

Come join us on a watercolor journey, a fun and exciting voyage of exploration and discovery! This class is designed for those who have previous watercolor experience and would like to further advance their basic watercolor knowledge. You'll have the opportunity to put your existing skills to use as you work on individualized projects with the guidance of the instructor, while learning more advanced techniques in order to enhance your paintings. Time will also be given to experiment with watercolor pencils and crayons, and pen and ink, as well as various painting surfaces such as Yupo and Aquabond. This class is the perfect way to continue developing your relationship with this unique medium!

Teacher: Kathy Miller

Cost: \$81/\$90

Ask Receptionist for a list of supplies

BEGINNING WATERCOLOR PAINTING

Thursdays, 12:30 - 2:30pm Jan 12, 19, 26, Feb 2, 9, 16 (six sessions)

Learn many basic techniques and experience the joy of watercolor painting! This class is designed for those with little or no previous watercolor experience. During the 6-week course we will explore various techniques such as painting wet-in-wet, wet-on-dry, glazing, masking, lifting, and hard and soft edges. Emphasis will be given to the important principles of design, composition, color theory and value.

A list of materials needed is available at the Front Desk.

Teacher: Kathy Miller

Cost: \$81m/\$90nm

PHOTOGRAPHY CLASSES

Understanding Your Camera

Wed, Jan 11, 9:30 - 11:30am

This session is for people who are new to using their digital camera, or who don't understand what all the bells and whistles of their cameras. We'll talk about the following topics: How a Digital camera works; Interchangeable or Fixed lens; Important Buttons and Switches; Choosing Camera Settings; Exposure Modes; Image Quality; Important Menu Items. There will be time for questions and discussion.

Bring your camera and your manual.

Teacher: David Perez

Cost: \$12m/\$16nm

Basic Photography

Wed, Jan 25, 9:30 - 11:30am

This session will provide give you basic information on taking photos with your camera. It will help you understand focusing, metering, and getting proper exposure. We'll talk about: Focusing, Metering, Understanding Exposure, Resolution, Using Your Flash, Getting your images from the camera to the computer, Ways to Improve Your Images And we will leave time for questions and discussion. The prerequisite for this session is either "Understanding Your Camera" or a good understanding of how your camera works.

Bring your camera and your manual.

Teacher: David Perez

Cost: \$12m/\$16nm

Organizing Your Photos

Wed, Feb 8, 9:30 - 11:30am

Do you have image files sitting all over your computer?

Have you ever tried to find one of your images, and couldn't?

If the answer to either of these questions is yes, this session may help you organize your images so you can find them when you want them. We'll talk about basic post-processing

workflow, organizing, and keywording, and look at tools such as Adobe Elements and Picasa.

Teacher: David Perez

Cost: \$12m/\$16nm

Composition

Wed, Feb 22, 9:30 - 11:30am

Understanding composition can help you turn your snapshots into photographs. But this isn't just for photographers. Painters, photographers, graphics artists, and even web designers all have to be aware of, and understand the "rules" of composition, and when to break them. This session will look at some of these "rules" of composition, and help you understand when to break them.

Teacher: David Perez

Cost: \$12m/\$16nm

CREATIVITY CLASS

Finding Water,

The Art of Perseverance

Wed, Jan 11 - Feb 15, 3-4pm

According to the popular author and speaker, Julia Cameron, we are all built with the desire to be creative. In her groundbreaking book, The Artist's Way, Cameron explains the path to a creative life. Finding Water, The Art of Perseverance, will guide readers to discover enduring inspiration—to sustain them along that path. You will find this class both fun and useful if you would like to enjoy a more creative life, or if you hope to regain creative momentum.

It is not necessary to have participated in preceding classes on The Artist's Way, to join this group. The basic principles from that work are also included in this book.

Please come prepared to discuss material up to, and including *Week One* at the first meeting.



Teacher: Karen Anway

Cost: \$36m/\$48nm



For more Photography classes, check out the offerings in the Computer Center, described on pg 16 of this guide.

ART CLASSES, GALLERY EXHIBITS

JAN

JANUARY				
Monday	Tuesday	Wednesday	Thursday	Friday
GALLERY EXHIBIT: Quilters' Art cont. through Jan 29	10 5-7pm Quilters' Art Reception	11 9:30-11:30 Understanding Your Camera 3-4pm Creativity Class	12 9:30-11:30am Intermediate Watercolor 12:30-2:30pm Beginning Watercolor	
		18 3-4pm Creativity Class	19 9-11:30am Beginning Woodcarving 9:30-11:30am Intermediate Watercolor 12:30-2:30pm Beginning Watercolor	
		25 9:30-11:30am Basic Photography 3-4pm Creativity Class	26 9-11:30am Beginning Woodcarving 9:30-11:30am Intermediate Watercolor 12:30-2:30pm Beginning Watercolor	
GALLERY EXHIBIT: 30 Ruth Meliza, David Perez, Mac Gimse Thru Mar 4	31			

FEB

FEBRUARY				
Monday	Tuesday	Wednesday	Thursday	Fri
		1 9-11:30am Carving a Leaping Deer 3-4pm Creativity Class	2 9-11:30am Beginning Woodcarving 9:30-11:30am Intermediate Watercolor 12:30-2:30pm Beginning Watercolor	
	7 5-7pm GALLERY OPENING Reception, open to public	8 9-11:30am Carving a Leaping Deer 9:30-11:30am Organizing Your Photos 3-4pm Creativity Class	9 9-11:30am Beginning Woodcarving 9:30-11:30am Intermediate Watercolor 12:30-2:30pm Beginning Watercolor	
Horizon Bronze by Mac Gimse		15 9-11:30am Carving a Leaping Deer 9:30-11:30am Organizing Your Photos 3-4pm Creativity Class	16 9:30-11:30am Intermediate Watercolor 12:30-2:30pm Beginning Watercolor	
		22 9-11:30am Carving a Leaping Deer 9:30-11:30am Composition		

MAR

MARCH				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
GALLERY EXHIBIT 5 Weavers' Group Mar 5—April 1				
	13 GALLERY OPENING Reception for Weavers' Exhibit 5-7pm			

ART CLASSES, GALLERY EXHIBITS

2012 GALLERY EXHIBITS

Announcing a year full of wonderful art!

Thru Jan 29 Quilters' Art

Jan 30 – Mar 4
Ruth Meliza, watercolor paintings
David Perez, photographs
Mac Gimse, sculpture

Mar 5 – Apr 1
Weavers' group show

Apr 2 – 29
Marlys Shirley, oil paintings
Phil Agee, wood carvings

Apr 30 – Jun 3
Kathy Miller, watercolor paintings;
Tom Willis, pottery

Jun 4 – Jul 8
Richard Wright, oil paintings
Julie Fakler, paintings and drawings

Jul 9 – Aug 12
Marsha Kitchel, oil paintings
Patsy Dew, art books

Aug 13 – Sep 16
Marylou Warner, Lin Margulies and

Darla Dahl, fiber art

Sep 17 – Oct 21
Dennis McClintock, photographs

Oct 22 – Nov 25
Judy Saye-Willis, multiple media

Nov 26 – Jan 6
2012 Open (any artist, age 50+ in the greater community, may submit one piece for this exhibit. Watch for more information in late summer.)

MORE ART AND FINE CRAFT CLASSES

BEGINNING WOODCARVING

Thursdays, 9 - 11:30a, Jan 19 - Feb 9

Beginning Woodcarving is for those who have never carved and are interested in learning a new skill or those who have tried carving before and would like some help to get back into it. Each hand-held project is done in a step-by-step manner with lots of samples to guide you along the way. Projects are chosen to hasten your progress and understand how to resolve common problems as they arise. All projects are carved from native Minnesota butternut or basswood. We will cover how to complete your carvings using a variety of finishes. We will also discuss related subjects such as sharpening, wood structure, supply sources, and how to proceed to the next level. Artistic talent is not needed for this class, just a willingness to learn and have fun.

Teacher: Dick Zawacki

Cost: \$65m/\$72nm

plus \$30 materials, which includes a pre-sharpened wood carving knife, honing strop, honing compound and all class blanks



CARVING A LEAPING DEER

Wednesdays, 9 - 11:30a, Feb 1-22

Advanced beginners and intermediate woodcarvers will enjoy carving a white tail deer leaping over a bush. The class will pay special attention to deer anatomy, musculature, and how to use them to create a sense of realism in the carving. We will concentrate on creating a sense of motion and explore how to express that feeling in this carving. The deer is carved in native Minnesota butternut

and the bush and base will each be a contrasting wood. Ears will be carved separately and inset into the body. The carving will be finished in a natural finish. No wood burning or fur texturing is done on this carving. The project is approximately 9" long by 8" tall by 3" wide.

Teacher: Dick Zawacki

Cost: \$65m/\$72nm

plus \$15 materials, which includes cost of the blank and base

Additional materials: A SHARP carving knife. It is also suggested to have a selection of SHARP gouges in the following sweeps and widths: #3—3/8" to 5/8", #5—3/8" to 5/8", #11 veiner—1/8" to 3/8", and V-tool—1/4" to 3/8". Tools will be available for use in class. Bring what you have.

GROUP ACTIVITIES

Our volunteer led groups are as diverse as the people who attend. They are designed to provide social interaction, skill enhancement and fun! Most groups require you to bring your own supplies and suggest a \$1 donation for use of the facility.

CARD GROUPS

Double-Deck Pinochle

Mondays 1-4p
Pinochle is a bidding, melding and trick taking game played with a partner using 80 cards (A-10-K-Q-J). Call our group leaders on Monday morning to sign-up: Sharon Steinhouse or Phil Winter. Please call Nancy McDougall if you are interested in Pinochle lessons.

Social Bridge

Wednesdays at 12:30-3p
Party (rubber) bridge. Intermediate level. Sign up 30 minutes prior to reserve a seat. Bring nickels and pennies for kitty. No partner necessary.

Duplicate Bridge

Tuesdays 1-4p and Thursdays 7-10p
American Standard Duplicate bridge. Widely used style of contract bridge in club and tournament settings. Identical hands are played at each table. Sign in 30 minutes prior to reserve your seat. Bring your own partner.

Euchre

Tuesdays 12:30-3p
Euchre is a trick-taking card game where each of four players is dealt 5 cards and the player making trump must take 3 tricks to win the hand. Sign in 30 minutes prior to start time to reserve your seat. Bring \$1 for kitty. No partner necessary. Instruction available upon request.

“500”

Fridays 12:30-3p
500 is a bidding and trick-taking card game using a 45 card deck, trumping with bowers and the joker as high trump. Bring \$1 for kitty. Sign in 30 minutes prior to start time to reserve your seat. No partner necessary. Instruction available upon request.

CRAFTING GROUPS

Hook, Yarn & Needle

Tuesdays 1-3p
If you use one of these tools to craft, you qualify. Bring your own project to work on in the company of other crafters. Learn from each other.

Joy of Quilting

2nd and 4th Fridays 9a-noon.
Tired of quilting alone? This group will enable you to share project ideas and various quilting techniques while working on your unfinished quilting projects. Bring your own quilting project. New projects available for beginners.

Woodcarving

2nd & 4th Tuesdays 10a -12p
Hand wood carvers gather to work on their own projects and share ideas, patterns, techniques and friendship. Block sawing services provided. No experience necessary. Some tools required.

Paper Crafting

1st & 3rd Mondays, 1:30-3:30p
Meetings will explore various crafting techniques that can be utilized in paper crafts. Participants are invited to bring their own work for "show and tell." Very friendly and inviting to all. \$1 donation for room use. \$1-2 fee for supplies may be charged depending on the project.

Beading

1st & 3rd Mondays 9-11:30a
Crafters, having an interest learning to make beaded jewelry, gather for guidance by Judy Saye-Willis, jewelry artist. Attendees share ideas and techniques to advance their beading skills. No matter what level of beading you might want to try, one thing's for sure: learning it with the support of others is a lot more fun! All welcome. Bring your own project or come check it out first (some beginning supplies available).

GROUP ACTIVITIES

CALENDAR OF WEEKLY* GROUP ACTIVITIES

Sundays	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	8:30a (2nd Monday) Retired Teachers				9a-12 (2nd & 4th) Joy of Quilting
	9 - 11:30 (1st, 3rd) Beading	10a-noon (2nd & 4th) Woodcarving			10:30a (2nd Friday) Book Club
	12:30 Double Pinochle	12:30-3p Euchre		12:30 (3rd Thurs) TPT Program Club	12:30-3p “500” Cards
	1 - 3p Movies	1 - 3p Hook, Yarn & Needle		1:30 - 3p Chime Choir	9:30-11:30a (4th Fri) Photography Group
	1:30-3:30p (1st,3rd) Paper Crafting	1 - 4p Duplicate Bridge	12:30 - 3p Social Bridge		
				7 - 10p Duplicate Bridge	

*If a group does not meet every week, there is a notation indication which week(s) of each month it meets.

GROUP ACTIVITIES

BOOK CLUB NEWS

The book club is open to all, and meets on the 2nd Friday of each month at 10:30a in the Center Game Room. For more information call Katherine Collman, 645-1357. Books for this winter -

January: Kosher Chinese by Michael Levy

February: Maise Dobbs by Jacqueline Winspear

March: (either or both) Sheepish by Catherine Friend, Bird by Bird by Anne Lamott

RETIRED TEACHERS COFFEE

2nd Monday of the month 8:30-9:30a
Open to any educators or school personnel that enjoy reminiscing over coffee and a treat.

MUSIC GROUPS Chime Choir

Rehearsals Thursdays 1:30-3p
This group uses a three-octave mallet-attached choir chime set to produce angelic sounding music. Each person plays two notes (chimes) and learns to play their notes in sequence as they occur in the music. Anyone with the ability to count music is encouraged to join. Directed by Marilyn Finneseth 645-5147. Local performances usually on Thursdays. Rehearse Sept - May. New players welcome.

Seasoned Singers

Women's chorus, under direction of Donna May, will resume rehearsals in the spring. Details in Spring Guide.

THE PHOTOGRAPHY GROUP

meets each month on the 4th Friday of the month from 9:30 - 11:30a in the Computer Lab. Each session will start with a brief educational presentation of a photography website which offer free photography tips

and education. The remaining time will be spent reviewing individuals photos, questions and answers, as well as help with cameras and equipment. Please bring pictures on a USB memory stick for show and tell. Prints are acceptable. If you have camera questions, please bring your camera, batteries, memory card, and manual.

This is not a formal class or club. It is an opportunity to share an interest in photography.

POPCORN & A MOVIE MONDAYS, 1-3PM

January: **Back by special request.** If you missed these movies when we showed them last year, here's your chance. If you loved them and want to see them again...here's your chance again.

Jan 2: **Australia** (2008) Adventure
Starring Nicole Kidman, Hugh Jackman, Shea Adams

In beautiful northern Australia, on the brink of WWII, an English aristocrat, a rough-hewn cattle driver and an Aboriginal child join up and embark on 2,000-head cattle drive over 100 miles of unforgiving landscape. They experience the Japanese bombing of Darwin, Australia, firsthand.

Jan 9: **The Help** (2011)
Starring Emma Stone, Viola Davis, Octavia Spencer

An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis.

Jan 16: **The Lincoln Lawyer** (2011)
Drama

Starring Matthew McConaughey, Marisa Tomei, Ryan Phillippe
This movie follows the case of L. A.'s top criminal defense attorney who,



although a bit unorthodox, runs his business from the back of the Lincoln Town Car. Because of his confidentiality oaths, he finds himself in a conflict between his duties as the defense attorney and own ethics and conscience. His wealthy client thinks he has devised a foolproof plan to beat the system, but has he?

Jan 23: **The Boy In Striped Pajamas** (2008) Drama

Starring Asa Butterfield, David Thewlis, Rupert Friend
Set during World War II, this film plot is told through the innocent eyes of Bruno, the eight-year-old son of the commandant at a concentration camp, whose forbidden friendship with a Jewish boy on the other side of the camp fence has startling and unexpected consequences.

Jan 30: **The Blind Side** (2009)
Drama

Starring Quinton Aaron, Sandra Bullock, Tim McGraw
The story of Michael Oher. When a homeless, street-wise teen is mentored by a well-to-do Memphis family, life changes for all involved including the football team.

GROUP ACTIVITIES

MORE MOVIES

February: Show Your Love Story

Feb 6: **Same Time Next Year**

(1978) Romantic Comedy

Starring Alan Alda, Ellen Burstyn, Ivan Bonar

A man and woman meet by chance at a California inn. In the morning, they shockingly wake up in each other's arms because they both just happen to be married to other people. They agree to meet on the same weekend each year. A unique 26 year relationship develops. As years pass, personal crisis impact their special once a year romance.

Feb 13: **When a Man Loves a Woman**

(1994) Romantic Drama

Starring Meg Ryan, Andy Garcia, Ellen Burstyn

An airline pilot and his wife, a school counselor, are forced to face the consequences of her alcoholism when her addictions threaten her life and their daughters' safety. After her successful rehab treatment, her husband must face the truth of his enabling behavior.

Feb 20: **Scent of a Woman**

(1992) Drama

Starring Al Pacino, Chris O'Donnell, James Rebhorn

A prep school student needing money to travel home for Christmas break agrees to look after a blind man over his Thanksgiving break. Little did he know, the retired army lieutenant colonel was spending his Thanksgiving in New York City. Who knew blind army man would do the town up in such style.

Feb 27: **Couples Retreat**

(2009) Comedy

Starring Vince Vaughn, Malin Akerman, Jon Favreau

A comedy centered around four couples who settle into a tropical-island resort for a vacation. The inviting cou-

ple is there to work on the marriage, the others fail to realize that participation in the resort's marriage therapy sessions is required for all the couples. Interesting issues come to the surface.

March: Shirley MacLaine Month

Mar 5 **These Old Broads**

(2001) Comedy

Shirley MacLaine, Debbie Reynolds, Joan Collins, Elizabeth Taylor
After a re-release of their 60's film hit "Boy Crazy" becomes a smash, three actresses reunite for a reunion show, with help from one's son and their manager. The only problem is that these three actresses and their manager all loathe each other. Soon the behind the scenes claws come out and the catfights begin. Maybe their lives aren't so glamorous after all.

Mar 12: **The Apartment**

(1960) Comedy

Starring Jack Lemmon, Shirley MacLaine, Fred MacMurray

A struggling clerk in a huge New York insurance company discovers a quick way to climb the corporate ladder - by lending out his apartment to the executives as a place to take their mistresses. He often has to deal with the aftermath of their visits and one night he's left with a major problem to solve.

Mar 19: **In Her Shoes**

(2005) Comedy

Starring Toni Collette, Cameron Diaz, Shirley MacLaine
Straight-laced Rose and party girl, Maggie, are sisters, best friends and bitter rivals. Add to the mix the discovery of a long lost grandmother and comedy begins as they learn to make peace with each other and themselves.

Mar 26: **Steel Magnolias**

(1989) Drama

Starring Sally Field, Dolly Parton,

Shirley MacLaine, Daryl Hannah, Olympia Dukakis, Julia Roberts
The saga of a close-knit-circle of friends whose lives are always revolving around a beauty parlor in Louisiana. Filled with humor and heart-break, these "Steel Magnolias" make us laugh and cry as the realities of their lives in tiny Chiquapin Parish unfold.



**Program
Club**

Thursdays, 12:30pm. Viewing of interesting DVDs produced by TPT (Twin Cities Public Television), followed by discussion.

Jan 19: Louisa Mae Alcott

Feb 16: "Fritz" Walter Mondale

Mar 15: The Crash of 1929

Winter Calendar for Computer Classes

JANUARY

JAN

Monday	Tuesday	Wed	Thursday	Friday
1:30-3:30 9 Intro Photoshop Elem 9	9:30 -11:30 10 Intro to Computers	1:30-3:30 11 Intro Photoshop Elem 9	9:30 -11:30 12 Intro to Computers	
1:30-3:30 16 Intmed Photoshop Elem	9:30 -11:30 17 Word Processing I	1:30-3:30 18 Intmed Photoshop Elem	9:30 -11:30 19 Word Processing I	9:30-11:30 TECH TIME 20 New System at the Center
	9:30 -11:30 24 Organize my Computer		9:30 -11:30 26 Organize my Computer	9:30-11:30 27 Photography Group
	9:30 -11:30 31 Word Processing II			

FEBRUARY

FEB

Monday	Tuesday	Wed	Thursday	Friday
			9:30 -11:30 2 Word Processing II	
	9:30 -11:30 7 Intro to Internet & E-mail		9:30 -11:30 9 Intro to Internet & E-mail	
	9:30 -11:30 14 Intermed Internet & E-mail		9:30-11:30 16 Intermed Internet & E-mail	9:30 -11:30 TECH TIME 17 Blogs
	9:30 -11:30 21 Microsoft Word I		9:30 -11:30 23 Microsoft Word I	9:30 -11:30 24 Photography Group
	9:30 -11:30 28 Microsoft Word I			

MARCH

MAR

Monday	Tuesday	Wed	Thursday	Friday
			9:30 -11:30 1 Microsoft Word I	
9:30-11:30 5 Adv Photoshop Elem 1:30 - 3:30 Facebook	9:30 -11:30 6 Microsoft Word II	1:30-3:30 7 Facebook	9:30 -11:30 8 Microsoft Word II	9:30-11:30 9 Adv Photoshop Elem
1:30-3:30 12 Scanning Pictures	9:30-11:30 13 Microsoft Word II		9:30-11:30 15 Microsoft Word II	TECH TIME 16 Computer Security
1:00-3:00 19 New Life for Old Slides		1:00-3:00 21 New Life for Old Slides		9:30 -11:30 23 Digital Camera Group
	9:30-11:30 27 Presentation Software		9:30-11:30 29 Presentation Software	



TECH TIME

Where seniors can learn about the latest technology
 All of these Tech Times begin at 9:30, with a presentation by an “expert,” followed by time for questions and discussion about the topic.

Fri, Jan 20: New System at the Center

Fri, Feb 17: Blogs

Fri, Mar 16: Computer Security

COMPUTER CENTER



INTRODUCTORY SERIES

Four times each year the Computer Learning Center offers a series of courses, intended to be taken in sequence. Students are encouraged to assess their own experience with computers in deciding which course should be their first one.

For each course in this series,
 Cost: \$20m/\$25nm
 Time: 9:30 - 11:30 am

Intro to Computers January 10 & 12

This two session, introductory course using the Windows Vista operating system, covers general computer concepts, and use of the mouse and keyboard. It is intended for people with no experience and those who feel they need some preparation for the *Word Processing I* course.

Prerequisite: none
Teacher: Jim Finholt

Word Processing I January 17 & 19

This two session course reviews and continues developing the concepts introduced in the course, *Intro to Computers*. Students use *WordPad* to learn to create, edit, save and open files. Other topics introduced include menus, fonts, as well as copy/cut and paste text. Some file organization is presented. These basic processes are

useable regardless of which computer or word processing program you use.
Prerequisite: *Intro to Computers* or equivalent

Teacher: Lee Klimisch

Organize My Computer (An introduction to the Windows Operating Systems) January 24 & 26

A typical computer may contain thousands of documents and pictures and it is essential to have a good way to organize these items. This two session course will explain how to use a Microsoft Windows operating system to attain this goal. The course will cover the following Microsoft Windows topics: basic computer organization, how to view stored content, USB flash drives, creation of folders, view menu options for content display, copying and moving folders and files, use of the right mouse button, finding files and folders, shortcuts, and backup strategies. The course will use the Windows Vista operating system, but much of the content will be useful for people using Windows 7 or other Windows operating systems.

Prerequisite: *Intro to Computers* or equivalent
Teacher: Judy Cederberg

Word Processing II January 31 & February 2

This two session course builds on concepts and skills introduced in the course, 103 *Intro to Word Processing I*. To enable people to produce good-looking documents, students use features of *WordPad* to improve the appearance of a document. Formatting topics introduced include alignment, font type and styles (bold, italic, underline and color), as well as advanced copy/cut and paste applications. More file organization is presented, and students learn how to navigate the Help Menu. Regardless of which computer or word processing program you use, these techniques will prove useful.

Prerequisite: *Word Processing I* or equivalent
Teacher: Lee Klimisch

Intro to Internet and E-mail February 7 & 9

This two session course deals with the following topics: searching the internet, sending and receiving e-mail, sending and opening e-mail attachments, using Contacts (Address Book), and security. The course uses Microsoft Internet Explorer and Google Gmail. This course will be useful to Mac users.

Prerequisite: *Organize My Computer* or equivalent
Teacher: Judy Cederberg

WORKING WITH PHOTOS***Intro to Photoshop Elements 9*****Mon/Wed Jan 9 & 11 1:30-3:30 p****Cost: \$20m/\$25nm**

This two session course uses *Adobe PhotoShop Elements* software to correct overall picture defects such as overexposed or too dark photos, underexposed or washed out photos as well as low contrast or overall color shifted scenes can be corrected to produce good photographs. Picture rotation, cropping and removal of red eye are also demonstrated. The use of the Histogram will be demonstrated. This very valuable tool provides a quick and easy method of correcting many of the above mentioned defects. Students must bring a USB portable memory device (i.e. flash drive, flash memory, thumb drive, etc.). This course will be useful to Mac users

Prerequisite: *Word Processing II* or equivalent

Teacher: Mark Ulmer***Intermed Photoshop Elements 9*****Mon/Wed Jan 16 & 18 1:30-3:30p**

This course uses *Photoshop Elements 9* software to correct relatively small but severely distracting defects in photos such as creases, scratches, water spotting, etc. Alterations such as removing wires and other objectionable objects, facial wrinkles, colorizing B&W photos, captioning and creating vignettes are introduced and demonstrated. The cut and paste procedure of removing people or objects from a photo is introduced. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intro to Photoshop Elements 9* or equivalent.

Cost: \$20 m, \$25 nm

Teacher: Mark Ulmer***Adv Photoshop Elements 9*****Mon/Fri Mar 5 & 9****9:30-11:30a**

This course uses *Adobe Photoshop Elements 9* layers function to add or subtract from a photo scene by placing corrective layers above the original in the layers format. Alterations and additions can be made to a photo or to an entirely new canvas that can be created in order to produce scrapbook pages or collages or any other project that be created that are limited only by the imagination of the student. The document can be saved as a .psd document at any stage or when completed. When re-loaded, any or all layers can be altered or deleted. In order to print, however, the document must be reduced to a single layer. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intermediate Photoshop Elements 9* or equivalent.

Cost: \$20 m/ \$25 nm

Teacher: Mark Ulmer***Scanning Pictures*****Mon Mar 12 1:30-3:30p**

This course shows how to scan photos from small snapshots up to 8x10 inch photographs into your computer using *Microsoft Windows Vista*. Cropping and sizing of the scans are explained. Students can bring a couple of pictures to be scanned and saved on their flash drives. Optical character recognition (OCR) is also demonstrated.

Prerequisite: *Intro to Computers* or equivalent

Cost: \$10 m/\$15 nm

Teacher: Jim Finholt***New Life for Old Slides*****Mon/Wed Mar 19 & 21 1:00-3p**

The first part of this course will present a procedure for scanning 35 mm slides to produce electronic slide files. The second part will present a method to produce a slide show on a DVD that can be played through a television set. Students will need to bring five or six slides to the class.

Cost: \$20 m / \$25 nm

Teacher: Jim Finholt**OTHER COMPUTER COURSES*****Fun With Computer Games*****Mon Jan 23 1:30-3:30p**

Students will learn how to play some of the free games included in Microsoft operating systems (*Windows XP* or *Windows Vista*). Game playing is a great way to exercise the gray cells in your brain. These games require mental agility rather than physical agility. (1 Session)

Prerequisite: *Intro to Computers* or equivalent

Facebook**Mon/Wed****Mar 5 & 7****1:30 - 3:30p**

Learn about the social networking phenomenon called *Facebook* and how to use it. Businesses and organizations are using *Facebook* as a method of communicating with their customers and members. This class will cover creating a *Facebook* account, managing privacy settings, locating past and current friends, joining interest groups, playing games, and more. Whether or not you have a current *Facebook* account you can join us for this class. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intro to the Internet and Email*

Cost: \$20 m/ \$25 nm

Teacher: Gloria Krusemeyer

Presentation Software Like PowerPoint**Tues/Thur Mar 27 & 29
9:30-11:30a**

Learn how to prepare text & pictures for presentations using *Open Office Impress*, a free software program that is similar to *Microsoft PowerPoint*. This course will be useful to Mac users. (2 Sessions)

Prerequisite: *Intro to Word Processing II* or equivalent

Cost: \$20 m/ \$25 nm

Teacher: Barb Henwood

Intermed Internet and E-mail**February 14 & 16
Cost: \$20m/\$25nm**

This two session course will discuss internet topics such as using tabs, online banking and buying, organizing favorite sites, backup of favorite sites, and information searching strategies. E-mail topics covered will include creating and using group addresses and attachments. Cutting, copying, pasting, and printing techniques will be developed for both e-mail and web browsing. The course will use Microsoft Internet Explorer (browser) and Google Gmail (e-mail). If time and interest allow other e-mail and browser software such as Windows Mail will be discussed. This course will be useful to Mac users.

Prerequisite: *Intro to the Internet and E-mail* or equivalent Students must have an active Gmail Account

Teacher: Jim Finholt

Microsoft Word I**Tues/Thur Feb 21, 23, 28, Mar 1
9:30-11:30a**

Cost: \$40 m/ \$45 nm

This course builds on basic word processing skills and is for people ready for an intermediate level of word processing. Students learn to navigate and manage the Ribbon in *Microsoft Word 2007*, including its menus and buttons. They manage files, open/close multiple documents simultaneously, and copy or move text from one document to another. In

order to enhance a document, students customize tab and margin settings, use more advanced formatting skills and print properties, and save files to various locations. They use built-in Help features including Auto Correct, Auto Complete, Spell Checker, Grammar Check, Thesaurus, and Help. Intermediate Mac users will find these skills useful. (4 Sessions)

Prerequisite: *Word Processing II* or equivalent

Teacher: Lee Klimisch

Microsoft Word II**Tues/Thur Mar 6, 8, 13, 15
9:30-11:30 am**

Cost: \$40m/\$45nm

This four session course reviews and builds on word processing skills learned in *Microsoft Word I*. Learn to set a new default type, size and style for the font in Microsoft Word documents, to let the computer count the words in a document or to search it for specific text and replace it. Create page breaks where you want them located and Copy/Cut and Paste text between two documents. Add pizzazz to your document by adding Headers and Footers and by displaying text in columns. Work with inserting and modifying Special Characters. Learn to use time-saving features such as Templates and Wizards, Adding Numbers/Bullets to a list, and Automatic Formatting. Intermediate Mac users will also find these skills useful.

Prerequisite: *Microsoft Word I* or equivalent

Teacher: Barb Henwood

Learn to Type**By Arrangement with Teacher**

This 8-hour course presents the techniques needed to touch-type (as opposed to the "hunt and peck" method) correctly without looking at your hands or the keyboard. Learn the correct methods so that your practice can result in accuracy and mastery. These techniques are usable on any traditional keyboard including Mac and Windows computers. This course

is taught in a 1-to-1 format rather than in a group. Any interested student should contact the instructor, Lee Klimisch, to arrange a schedule. (507-645-7617 or klimisch2@gmail.com)

Prerequisite: *Word Processing I* or equivalent

Just Ask!

Do you have a burning question about computers? Do you have a special need not met by NATC courses? **Just Ask!** is a new program designed to help you. This program will be managed by Gloria Krusemeyer. Help will be via phone, email, and/or one-on-one sessions in the Senior Center. The cost will be \$10/hour. Call (507) 222-0007 or email just.ask.natc@gmail.com for info or appointment.

Cost & Registration Information

Cost: \$10 for 2 hr class, \$20 for 4 hr classes and \$40 for 8 hr class. (Add \$5 for non-members) Classes are free for Platinum Memberships, but registration is required.

Registration Deadline: Noon, Wednesday, the week before the class begins.

The early deadline is needed to allow adequate course preparation.

HOT TOPICS FOR COLD DAYS

We are bringing in several experts on various subjects to inform and lead discussions on some of the controversial topics of the day. Bring your questions, your opinions and your open minds to these stimulating, educational events.

Fee: \$5 for each presentation; registration preferred, walk-ins welcome.

Global Warming

January 11, 10:30am

Leader: Gary Wagenbach, Carleton Professor Emeritus of Biology

What do we know and what don't we know about global warming?

Background will be provided, and participants given an opportunity to share their perspectives and ask some questions. What is your position on global warming? If you haven't yet taken a position, be prepared to do so!

Global Economy

January 18, 10:30am

Leader: Bill Carlson, retired St. Olaf professor of Economics

How interdependent has our world become? How does the business climate in Europe affect my son's chances of getting a job in the US? Can we be optimistic about our economic future in this global economy?



Arab Spring: Changes in our World Political Scene

January 25, 10:30am

Leader: Hartley Clark, Carleton Professor Emeritus of International Relations

What was the impetus for the revolt against dictatorial rule across the whole Arab world, and what actions have been taken by the rebels? What progress has been made in changing the dictatorial systems? What lies ahead for the revolt?

Immigration

February 2, 10:30am

Leader: Susan J. Flores, Attorney, Immigrant Law Center of MN

More detail on this conversation in the February newsletter.

CENTER EVENTS TO WARM YOUR SPIRITS

Mark your Calendars! And watch for more details in the monthly newsletters about these great events:

January 28, 6:30 - 9:30pm

GIRLS' NIGHT IN

Loll in the warm pool, get a massage, play a game, gab with friends. (Sorry, guys. This is just for the women).

January 23

CREATIVITY FAIR

All members who create art work, crafts, poetry, music...are invited to have a booth to show these creative pursuits.

March 3 & 4

GIANTS IN THE EARTH

Directed by Myrna Johnson, this is a Reader's Theater presentation of this great novel.

LIGHT IN THE DARK

JOY IN JANUARY AND FEBRUARY IN MINNESOTA

January and February are dark months with lots of cold and snow and ice and little light, and depression comes in like a fog and settles in people's hearts and moods. This series is especially designed to help people avoid this trap with presentations and activities that will lighten moods and open hearts and minds to joy.

The following presentations all start at 10:45am, and are held in room 103. No Fee for these events.

Gratitude Brings Joy. On Thursday, Jan. 12, Prof. Daniel Groll from Carleton College will present scientific evidence for the beneficial effect of gratitude and help you find

opportunities for gratitude in conventional and unconventional ways.

Celebrations bring Joy. On Wednesday, Jan. 18, our good friend, Bruce Hanson will help you celebrate January birthdays with his guitar and a collection of happy songs.

Creativity Fair: Creating Things of Beauty and Letting your Talents Shine Brings Joy. On Monday, Jan. 23, everybody connected with the Northfield Senior Center is invited to display their crafts, pictures, carvings, and creations of any kind in our Creativity Fair—to share the joy of making them and to give ideas and motivation.

Living this very Moment Brings Joy. On Wednesday, Feb. 1, Prof. Justin Merritt and his wife Fay will give you tools to live in the moment. Studies have shown that future thinking is very unrealistic in depression since depressed people tend to project their fears into the future. Living right here, right now will help you avoid that pitfall.

Letting Go Brings Joy. Resentments and downright grudges keep us in the dark and shut out the light. There are deep hurts we have suffered—yet hanging on to them and rehearsing them in your mind only deepens the hurt. Letting go is a good thing—but how? Most people would like to let go but don't know how to do it. Watch for a presentation in February.



SPECIAL JOYFUL EVENTS IN THE DINING CENTER

Playing Brings Joy. On Thursday, Jan. 5, at 12:30 in dining room 105, Bernice Christenson, Betty Gilomen, and Sheila Roehrick will invite everyone for a rousing game of Bingo (or two).

Love Brings Joy. And what better day to celebrate love and it's joys than Valentine's Day—Elsie Forsythe (accordion) and Friends will play joyful love songs on Tues-

day, February 14, at 10:30AM. It's a day to rejoice in our connection to others.

Music brings Joy. On Thursday, Feb. 23 at 10:30AM, Bill McGrath with his sidekick Ed Frost will help us celebrate February birthdays to our hearts' content with joyful noise.

"Eating well gives a spectacular

joy to life and contributes immensely to goodwill and happy companionship". Elsa Schiaparelli. Eat at Senior Dining often. Eat delicious, home-cooked food in the company of old and new friends. Available every weekday at 11:30AM. Call 664-3735 for reservations preferably by noon one business day ahead. All events in this series will be around a freshly cooked SEM-CAC dinner.

CPR AND DRIVERS' SAFETY CLASSES

AMERICAN RED CROSS COURSES

CPR/AED (Defibrillator) TRAINING

American Red Cross
 Training for lay persons to respond in an emergency and care for life-threatening respiratory or cardiac emergencies in adults until professional medical help arrives. Includes how to use a defibrillator (the Senior Center has one in the Aqua-Fitness Office). This course is not for health care providers. 1-4 hr course. Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class.
 Session 1 – Tues Jan 10 5:30-

9:30 pm
 Session 1 Friday Feb 10, 9:30-1:30pm
 Fee: \$45m/\$30 Platinum/\$50 nm

FIRST AID

American Red Cross
 Learn how to respond in an emergency that may include cuts, scrapes, wounds, burns, injuries to muscles, bones, joints, sudden illnesses such as fainting, stroke, diabetic complications, poisoning, bites and stings, heat and cold related emergencies, asthma, anaphylaxis. Learn to control bleeding, splint, bandage and care for people until trained professionals arrive. 1-4 hr course. Please bring your own meal or snacks. If you have your own

laptop you may bring it and connect to materials via WiFi during the class.
 Session 1 – Tues Jan 17 5:30-9:30 pm
 Session 1 Friday Feb 17, 9:30-1:30pm
 Fee: \$45m/\$30 Platinum/\$50 nm

CPR/AED FOR THE PROFESSIONAL RESCUER

CPR/AED for the Professional Rescuer teaches students to respond to breathing and cardiac emergencies in adults, children and infants, use an AED on an adult or child victim of cardiac arrest and use personal protective equipment to stop blood-borne pathogens and other diseases from spreading.

Course is designed for people with job-related duties in emergency preparedness and response. This includes nurses, daycare providers, law enforcement and EMS personnel, fire fighters, business and industry response teams, lifeguards, flight attendants, and others who must take action in emergency situations. 8 hr course in 2 dates. Must attend both dates. Please bring your own meal or snacks. If you have your own laptop you may bring it and connect to materials via WiFi during the class.
 Session 1 – BOTH Tues Feb 7 & Tues Feb 14 5:30-9:30 pm
 Cost: \$65 m/ \$40 Platinum (filing fee and materials)/ \$75

AARP DRIVING SAFETY COURSES

All classes \$15 for Center members; \$18 nonmembers

 Classroom instruction for motorists over age 50, that may lower automobile insurance rates for three years. Information about other AARP driving safety classes in the region is available at the reception desk.

8-hour Classes (for first timers)

Mon/Tues Jan 30 & 31 5:30-9:30 pm

 Saturday March 3 8:00am - 4:00pm

 Mon/Tues April 9 & 10 5:30 - 9:30pm

4-hour Refresher Classes (every three years)

Mon Jan 16 1 - 5 pm
 Wed Feb 8 9am - 1pm
 Mon Feb 27 1 - 5 pm
 Tue Mar 13 5:30-9:30 pm
 Thur Apr 5 1 - 5 pm
 Mon Apr 23 1 - 5 pm

When registering for these classes, indicate "AARP Driving Safety" and dates of the session.

WINTER 2012 TRAVEL NEWS



Tokyo Grill

Tuesday, February 21
11:30 am

This is one of Northfield's newest restaurants. Japanese items are offered as well as sushi. We've tried this eatery a couple of times and thought it delightful. Because this is a small venue, reservations are limited to 20 attendees. Lunch is on your own.

Sign up with the receptionist by February 17

REGIONAL TRIPS

Everybody Loves Opal Old Log Theater

Wednesday, January 25, 2012
10:30 am – 4:45 pm

Sign up now! There's still room for you to join us at the Old Log Theater in January. This upbeat family comedy is about Opal, a kind-hearted, loveable optimist who meets some con artists who decide that she needs a rapid demise. Lunch is included. Indicate your choice of entrée: Smoked Windsor Pork Chop, Lemon Artichoke Chicken Breast, Fresh Water Canadian Walleye Pike, Beef Stroganoff or Vegetarian Lasagna. This is an outing with the Community Resource Bank.

Cost: \$47
Sign up by January 13

The Exhibit "1968"

Minnesota History Center
Thursday, February 9, 2012
9:15 am – 4:00 pm

The year 1968 was one of extremes. Of war and love. Of brave beginnings and tragic endings. Of political and social upheaval. Of hatred and hope. The Minnesota History Thea-

tre will bring some of the most explosive events and personalities of 1968 to the stage. After lunch (on your own) we'll have a guided tour of the exhibit with time afterwards to explore it further – or to see other exhibits at the History Center. Lunch is on your own at the History Center Café.

Cost: \$41
Sign up by February 1

Forever Plaid

Chanhassen Dinner Theater
Wednesday, March 7
9:50 am – 4:40 pm

One of the Chanhassen's most popular and well-loved hit musicals, Forever Plaid, is returning to the Chanhassen! This affectionate musical homage to the close-harmony 'guy-groups' that reached the height of popularity during the 1950's, has been winning over audiences for the last two decades. It is filled with dozens of nostalgic '50s pop hits including: "Catch a Falling Star," "Chain Gang," "Day-O," "Heart and Soul," "Love is a Many Splendored Thing," "Three Coins in the Fountain" and many, many more! Join us to celebrate good music and hilarity. Lunch is included. This is an outing with the Community Resource Bank.

Cost: \$55
Sign up by February 27

Como Park Conservatory St Paul, Minnesota

Wednesday, March 28
Time TBA

Save the date! We'll take a facility tour, have lunch and have time to check out the Conservatory. Look for more details about this trip in a future issue of the Senior Center Newsletter.

Jazz Concert

MN Orchestra Hall
Saturday, May 26, 6:30pm

Hey all you jazz cats! We are going to Orchestra Hall on Saturday, May 26, 2012. We will be swinging and grooving to Preservation Hall Jazz Band from New Orleans and the New Orleans Jazz Orchestra. It will be quite a night! This is not the MN Orchestra but the real deal. Re-known jazz musician Irvin Mayfield will be there. The concert is at 8:00 pm. We will return at approximately 11:00 pm.

Cost: \$72*
Sign up by April 13
*If you have your own ticket to Orchestra Hall, the bus ride cost *per* person is \$10.

Future Trips!

- Out-to-Lunch – Mandarin Garden
10 Apr
- History Theater – Capital Crimes
26 Apr
- Ramsey House Tour 20 Jun
- Winona Shakespeare Festival
TBA July
- Melodrama and Lunch TBA July
- Showboat – St Paul TBA Aug
- Orchard Tour and Lunch
TBA Sept
- Cemetery Stories TBA Oct
- Out-toLunch – St Olaf College
TBA Nov
- Hill House – Xmas Stories
TBA Dec

LET'S GO

EXTENDED TRIPS

ALASKA CRUISE JULY 21 - 28, 2012 8 DAYS

DAILY ITINERARY

Day 1 Anchorage/Whittier. Fly to Anchorage and transfer to the Sapphire Princess by heading south towards Whittier by motorcoach. You'll travel along the shoreline between the Chugach Mountains and the waters of the Turnagain Arm to Whittier where you will board the SAPPHIRE PRINCESS scheduled to sail at 8:30 pm.

Day 2 Cruising to Hubbard Glacier. Scenic cruising including the Hubbard Glacier. You'll see the legendary "blue ice" and may experience the thunderous roar of an iceberg "calving" as you stand in awe before majestic mountains and fjords created by these massive rivers of ice. It's a sight, sound and feeling you'll never forget.

Day 3 Cruising Glacier Bay. Massive glaciers stretch from the ice-draped St. Elias and Fairweather mountain ranges to sit at the end of majestic fjords. The Muir, John Hopkins and Margerie Glaciers are the most active. A Glacier Bay Ranger Naturalist will be on board to make your experience complete.

Day 4 Skagway. A full day to explore this gateway to the gold fields and memories of the Gold Rush of '98. Step back into history at the Trail of '98 Museum, sightsee along the White Pass rail route to the Yukon, or try sportfishing, mountain biking or flightseeing.

Day 5 Juneau. This is the State Capital and the only one in the U.S. that you cannot drive to is a fascinating place to explore. Sightsee and shop in town, or choose from a wide array of optional shore excursions.

Day 6 Ketchikan. Southeast Alaska's "First City," Ketchikan is as picturesque as they come. The town is built on piles out over the water and clings to the slopes of Deer Mountain. Na-



tive cultures abound at Saxman Village and Totem Bight State Park.
Day 7 Inside Passage Cruising. When you rise this morning check your copy of the ship's newsletter for a full list of the activities that are offered.
Day 8 Vancouver. We arrive in Canada's main west coast seaport this morning. After clearing customs, we transfer to the airport for our return flight to Minneapolis.



Tour includes

- Round trip flights from Minneapolis to Anchorage-return from Vancouver
- A 7-Night Southbound Cruise on the Sapphire Princess
- All sumptuous meals and lavish entertainment while abroad the "SAPPHIRE PRINCESS"
- All transfers from the airport to the pier in Whittier
- Handling of luggage based on current airline policy
- Fully escorted from Whittier by 4-Seasons Tour Manager, Larry Alvey

Motor Coach and Extended trips are coordinated by Linda Zwolensky.

Call her at
952-469-3111
for more information.

Ask for travel books and trip brochures at the Senior Center reception desk.



LET'S GO TRIPS