

Belay Clinic

This introductory 2-4 hour class includes belay techniques, gear use, commands, bouldering and safety. Please sign up with a partner if possible.

15 to Adult: Thursdays, 6-8pm
 Dates: Code: Dates: Code:
 Jan 12-19 4153.100; or Feb 9-16 4153.101
 Mar 8-15 4153.200; or Apr 12-19 4153.201
 May 10-17 4153.202
 Location: Longmont Recreation Center Climbing Wall,
 310 Quail Rd
 Fee: \$24 resident/\$30 non-resident

Tree Climbing with Dances with Branches

Tree Climbing Colorado offers introductory recreational tree climbing lessons using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present. Important info: Wear long pants and sturdy shoes.

7 to Adult: Apr 14, Sat, 12:30-3pm Code: 4783.204
 May 12, Sat, 12:30-3pm Code: 4783.205
 Location: Thompson Park, 4th & Bross St
 Fee: Adult: \$26 resident/\$33 non-resident
 Youth: \$23 resident/\$30 non-resident

Alive at 25

The "Alive at 25" course is a national program designed to be an early intervention program to help prevent traffic violations, collisions, and /or fatalities among young motorists. **Registration is taken at www.aliveat25.us.** For more information call 1-866-605-3900.

15 to 24 years: Saturdays, 8am-12:45pm
 Dates: Jan 14, Feb 11, Mar 10, Apr 14 or May 12
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$39/\$79 court ordered

Hunter Safety

Get your Hunter Registration card by taking this class. Children must be accompanied by an adult. Contact Michael at 303-747-2827 or mehdch@aol.com to register.

Days/Times: M/W/F, 5:15-8:30pm, and Sat, 9am-4pm
 Dates: Jan 23, 25, 27, 28 or Mar 26, 28, 30, 31
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$10

Winter Biking – What to Wear

What to wear when winter rolls in! Bike riding is deceiving in the cold - warm internal body temps together with cold air blowing in. Clothes, lighting, weather - this covers it all!

15 to Adult: Jan 18, Wed, 6-8pm & Jan 21, Sat, 1-4pm
 Code: 6267.113
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$20 resident/\$25 non-resident

Mardi Gras Ride

Fun and festive Mardi-Gras ride! Wear your beads and your lights and come ride for 1.5 hours (route is weather dependent - approximately 20 miles).

18 to Adult: Feb 21, Tues, 5:30-7pm Code: 6267.112
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$5 resident/\$6.25 non-resident

Biking Goals

Goal #1 2012: dust off the bike, pump up the tires! Setting (bike/fitness related) goals for the year can be daunting. Take baby steps to get started and you will reach those 2012 goals!

15 to Adult: Jan 17, Tue, 6-8pm Code: 6267.111
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$6 resident/\$7.50 non-resident

Snowshoe Day Hikes

Snowshoeing is a fun activity for all ages and ability levels to experience the snowy outdoors! Fee includes snowshoes, poles and transportation to and from the trail. Trails will be determined by snow and trail conditions. Children 12 and younger must be accompanied by a participating adult.



7 to Adult: Saturdays, 10am-4pm
 Dates: Jan 14 Code: 4790.111
 Feb 11 Code: 4790.112
 Feb 25 Code: 4790.113
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 yth/\$35 adult resident
 \$25 yth/\$43.75 adult non-resident

Moonlight Snowshoe Hike

Take a walk in a fairy tale setting on this guided moonlight snowshoe hike, complete with hot cocoa or tea while on the trail. Bring friends or a sweetheart to enjoy this special setting. Transportation provided.

18 to Adult: Mar 10, Sat, 6pm-12am Code: 4790.211
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Intro to Horses & Riding

Basic Safety Issues, horse & rider partnership, horse personalities, horse care, and riding will all be discussed in this class. Each participant will have 60 minutes of riding time in a Group Lesson. Learn about communication with the horse to foster that horse/rider partnership.

15 to Adult: Mar 31, Sat, 4-6pm Code: 4533.202
 Location: Sun Pony Ranch, 18490 County Rd 1
 Fee: \$54 resident/\$67.50 non-resident

Get Your Bike Ready For The Road

Learn the ABCs of bike checks to make sure your bike is ready to ride. We will cover pre-ride checks and simple on-the-road maintenance to make every ride enjoyable and FUN!

15 to Adult: Mar 15, Thurs, 5:30-7:30pm Code: 6267.110
 Location: Provided upon registration
 Fee: \$10 resident/\$12 non-resident

Bike Commuting 101

High heels, suit and tie, drop off kids, pick up dinner - you CAN commute to work on a bike and manage your life! Simple steps to incorporate bicycle commuting into your everyday life!

15 to Adult: Apr 25, Wed, 5:30-7pm Code: 6267.210
 Apr 28, Sat, 3-4:30pm
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$10 resident/\$12 non-resident

Family Biking

Where to ride? How to keep them going? Teach the kids to ride safely. Tips for parents who ride with their kids - everything you need to know about riding safely in Longmont with your little ones - whether in tow or on their own!

3 to Adult: Mar 24, Sat, 1-4pm Code: 6267.200
 Apr 14, Sat, 2-5pm Code: 6267.201
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 3 to Adult: Apr 24, Tues, 10am-1pm Code: 6267.202
 Location: Centennial Pool, 1201 Alpine St
 Family Fee: \$15 per resident family/\$18.75 non-resident

Materials fees, supply fees, and handout fees are payable to the instructor at the first class.

Make Your Own Corsage and Boutonniere

Learn to create your own beautiful corsages and boutonnieres just in time for the prom and wedding season, in this hands-on class. All materials provided.

16 to Adult: Apr 14, Sat, 2-4pm Code: 4582.200
 Instructor: Devon Hukill
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$15 resident/\$18.75 non-resident plus \$10 materials fee

The Art of Calligraphy-Beginning

Learn the basic foundations for Calligraphy (artistic writing with a chisel pen). This short class will teach the method for setting up lines, basic pen holding and basic strokes. All materials provided with supply fee.

16 to Adult: Feb 2-16, Thurs, 6-7:30pm Code: 4648.101
 Instructor: Gretchen Norwalk
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$50 resident/\$62.50 non-resident plus \$20 supply fee

The Art of Calligraphy II

Calligraphy II will go beyond the basic set-up and stroke information to learning how to write alphabets and numbers. A couple of alphabets will be explored. All materials provided. If student completed beginning Calligraphy and has own supplies, the fee may be waived per instructor approval.

16 to Adult: Mar 1-15, Thurs, 6-7:30pm Code: 4648.200
 Instructor: Gretchen Norwalk
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$50 resident/\$62.50 non-resident plus \$20 supply fee

Beginning Stone Carving

Learn to carve an abstract guardian angel from Colorado Alabaster. Use this angel to personalize your home decor or as a way to pay tribute to memorialize a loved one. Supplies provided include: pre-cut alabaster, semi-precious stone cabochon, use of tools and sanding & polishing materials.

18 to Adult: Mar 7-28, Wed, 6:30-8:30pm Code: 4647.200
 Instructor: Keith Burkholder, Mountain Peak Enterprises
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$68 resident/\$85 non-resident plus \$25 materials fee

Mosaics 101

Learn the craft of mosaics by creating your own beautiful frame, or 8x8 wall art, or hanging heart. Using a variety of materials you will learn a simple technique to cut, glue, and grout fine china, art glass, glass gems and tile into a keepsake. 10am-12:30pm cut and glue. 12:30-2 Lunch break (while glue dries you can enjoy Prospect's restaurants and shops). 2-3pm return to finish grouting.



16 to Adult: Feb 4, Sat, 10 am-3 pm Code: 4630.100
 Apr 21, Sat, 10 am-3 pm Code: 4630.200
 Instructor: Susan Wechsler
 Location: Susan's Studio, 818 Confidence Dr, Prospect New Town
 Fee: \$70 resident/\$87.50 non-resident plus \$50 materials fee

Portrait Drawing Made Easy

Portrait Drawing is about seeing like an artist-just like any other type of drawing. Learn the proportions of the face and many ways of shading to create depth. You will learn by drawing self portraits using mirrors and also by drawing each other and using photos.



16 to Adult: Jan 11-Feb 1, Wed, 6-8pm Code: 4660.100
 Instructor: Donna Clement
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident plus \$5 handout fee

Colored Pencil Drawing-Plants & Flowers

Colored pencil drawing techniques have changed and become more exciting. Learn these techniques while learning to draw flowers, vegetables, and other plants. We will use burnishing and no-odor solvents to create very realistic botanical illustrations. We will also go over composition, texture, color, and mixing colors.

16 to Adult: Jan 12-Feb 2, Thurs, 6-8pm Code: 4660.102
 Instructor: Donna Clement
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident plus \$5 handout fee

Continuing Colored Pencil Drawing

Prerequisite: Colored Pencil Drawing of plants and flowers. Explore drawing objects such as glass, wood, and feathers so that when you want to put props in your botanical illustrations you will be prepared. How about a glass vase full of flowers, a bird in a gourd birdhouse, or a glass jar of dried spices on a wood spice rack? Supply list available at registration or on-line.

16 to Adult: Mar 1-22, Thurs, 6-8pm Code: 4660.200
 Instructor: Donna Clement
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident plus \$5 handout fee

Beginning Drawing Made Easy

Learn about contour drawing, negative space, perspective, and shading in different ways. By the end of the class, you will be able to draw whatever you wish, but most of all you will learn to see. Supply list available at registration or on-line; must have supplies at first class.

16 to Adult: Apr 4-25, Wed, 6-8pm Code: 4660.202
 Instructor: Donna Clement
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident plus \$5 handout fee

Pen and Ink Drawing

Learn how to create beautiful pen & ink drawings using a crow quill pen and bottled inks. Learn all the techniques of shading only using line. Do full color drawings using colored ink with a crow quill pen. Others types of pens will be explored. Supply list available at registration or on-line; must have supplies at first class.

16 to Adult: Apr 5-26, Thurs, 6-8pm Code: 4660.203
 Instructor: Donna Clement
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Self Expression Mandalas

Hindus use mandalas for meditation, others use them for healing: we will use them to express ourselves through art. Acrylic paints, colored pencils, and natural objects will be some of the mediums used; many others will be available. All levels of artistic experience are welcome. Supplies needed: 20" x 30" foam core board, and any other small natural or personal objects you may wish to add.

16 to Adult: Mar 7-28, Wed, 6-8pm Code: 4660.201
 Instructor: Donna Clement
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and apply color to create a glowing painting. Students must have materials at first session. Supply list available at time of registration or on-line.

18 to Adult: Mondays, 9-11am
 Dates: Jan 9-30 Code: 4613.111
 Feb 6-27 Code: 4613.112
 Mar 5-26 Code: 4613.210
 Apr 2-23 Code: 4613.211
 Apr 30-May 21 Code: 4613.212

18 to Adult: Mondays, 7-9pm
 Dates: Jan 9-30 Code: 4613.101
 Feb 6-27 Code: 4613.102
 Mar 5-26 Code: 4613.200
 Apr 2-23 Code: 4613.201
 Apr 30-May 21 Code: 4613.202

18 to Adult: Wednesdays, 1-3pm
 Dates: Jan 11-Feb 1 Code: 4613.121
 Feb 8-29 Code: 4613.122
 Mar 7-28 Code: 4613.220
 Apr 4-25 Code: 4613.221
 May 2-23 Code: 4613.222

Instructor: Dorothy Pecina
 Location: Carriage House Art Studio, 11938 Oxford Rd
 Fee: \$49 resident/\$61 non-resident plus supplies

Beginning/Intermediate Pastel Painting

Enjoy creativity with a medium that is fun and easy to use, easy to transport and offers wonderful results. Most of all, the intent is to introduce you to the pleasures of creating art using this friendly medium. Introductory to Intermediate level. Students must provide materials at first session. Supply list available at time of registration or on-line.

16 to Adult: Jan 10-31, Tue, 10am-1pm Code: 4659.111
 Instructor: Diane Wood
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$75 resident/\$93.75 non-res

Creative Art

Participants will explore a wide range of art mediums and techniques including drawing, pastels, music, paint and design. Each week will do a different project with a theme suggested by the instructor. This class is great for everyone and all abilities.

16 to Adult: Mondays, 6:30-8:30pm
 Dates: Jan 30-Feb 27 Code: 4660.101
 May 21-June 25 Code: 4660.210
 Instructor: Sally West
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident plus \$20 supply fee

Beading Basics-Bracelet or Necklace & Earrings

Learn the basics of stringing using bead wire, crimps, jump rings, wire covers and clasps. You will make a simple beaded bracelet or necklace and earrings from pearls, crystals, glass and metal beads to compliment any outfit from casual to dressy.

13 to Adult: Tuesday, 6:30-8:30 pm
 Date: Jan 10 Code: 4627.103
 Feb 7 Code: 4627.106
 Mar 6 Code: 4627.200

Instructor: Susan Eaton
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident plus \$3 materials fee



Beading Basics-Crystal or Pearl Bracelet

Learn the basics of creating a simple "right angle weave" bracelet that can be simple or embellished to be exceptionally elegant.

13 to Adult: Tuesday, 6:30-8:30 pm
 Dates: Jan 17 Code: 4627.104
 Feb 21 Code: 4627.107
 Mar 13 Code: 4627.201

Instructor: Susan Eaton
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident plus \$3 materials fee

Beading: Basic Wire Wrap

Learn to manipulate wire using the "loop and coil" method. You will make one pair of earrings and 2 stone pendants. Please bring needle nose pliers and a pair of round nose pliers.

13 to Adult: Tuesday, 6:30-8:30pm
 Dates: Jan 24 Code: 4627.105
 Feb 28 Code: 4627.108
 Mar 20 Code: 4627.211

Instructor: Susan Eaton
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident plus \$3 materials fee

Weaving Without a Loom

Weaving without a loom will teach students a variety of techniques to manipulate yarn into fabric without needing a loom. We will focus on pencil, straw and cardboard weavings. Students can expect to do a series of short projects, and one large final project. No experience necessary. \$5 supply fee payable to instructor at first class.

18 to Adult: Mondays, 6:30-8:30pm
 Dates: Feb 6 & 13 Code: 4649.101
 Mar 19 & 26 Code: 4649.200

Instructor: Nicole Nieweg
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident plus \$5 materials fee

Crochet:

Unless otherwise noted, courses are for someone who knows how to do basic crochet stitches: chain and single crochet. Materials fee is payable to instructor at first class and covers supplies (yarn, crochet hook, and pattern) necessary to complete project. Instructor: Debby Telfer.

Adults Learn to Crochet

This course is for the absolute beginner. There is no better way to learn to crochet than to crochet a sampler hand bag. Please plan on crocheting between the two classes so you are ready to finish off your purse including the handle in the second class.

16 to Adult: Wednesdays, 7-9pm
 Dates: Jan 4 & 18 Code: 4618.100
 Apr 25 & May 9 Code: 4618.200
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident
 plus \$16.50 materials fee

Crochet a Bohemian Scrap Yarn Scarf

Create a fashionable one-of-a-kind multi texture Bohemian scarf that is warm and stylish making wonderful use of your scrap yarn. Different texture yarns are welcome to add to the beauty of your unique piece. You will have a good start on the scarf so you can complete it at home.

14 to Adult: Jan 30, Mon, 6-9pm Code: 4618.101
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$24 resident/\$30 non-resident
 plus \$16.50 materials fee

Crochet a Spiral Boa Scarf

Create a one of a kind spiral boa scarf that is warm and stylish. You will have a good start on the scarf so you can complete it at home.

14 to Adult: Feb 20, Mon, 6-9pm Code: 4618.201
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$24 resident/\$30 non-resident
 plus \$22.50 materials fee

Crochet a Warm Hat

Crochet either an easier ribbed hat or a head hugger beanie style for the bit more adventurous. You will have a good start on the hat to either complete in class or finish at home.

14 to Adult: Mar 12, Mon, 6-9pm Code: 4618.202
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$24 resident/\$30 non-resident
 plus \$12.50 materials fee

Crochet Placemats & Table Runner

Crochet placemats and a matching table runner to make the perfect complement for your table that is both durable and washable as they are all cotton. Includes yarn for 4 placemats and, for \$10 more, a table runner. You will complete one placemat in between classes so you can learn how to do the border in the second class plus start the table runner.

14 to Adult: Mar 26 & Apr 2, Mon, 7-9pm Code: 4618.203
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident
 plus \$25-\$35 materials fee

Crochet Rosettes and Flowers

Crochet beautiful rosettes and flowers in three different sizes. You can use these to adorn hats, scarves, purses, shawls, sweaters etc. You can also make these to attach to a pin or barrette, or make into a flower bouquet.

14 to Adult: Apr 16, Mon, 7-9pm Code: 4618.204
 Location: Senior Center, 910 Longs Peak Ave
 Fee: \$15 resident/\$18.75 non-resident
 plus \$16.50 materials fee

Knitting:

Materials fee is payable to instructor at first class and covers supplies (yarn, needles, etc.) necessary to complete project. Unless otherwise noted, recent previous knitting experience is required.

Instructor: Gail Sundberg-Douse
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Adults Learn to Knit

This course is for absolute beginners. By the end of the two classes, you will have a warm luxurious alpaca scarf that you will be proud to wear. No class between the two sessions. Plan on knitting between the two classes.

14 to Adult: Jan 10 & 24, Tue, 7-9pm Code: 4655.101
 Mar 8 & 22, Thurs, 7-9pm Code: 4655.200
 Fee: \$30 resident/\$37.50 non-resident
 plus \$37 materials fee

Fair Isle Hat

Learn Fair Isle technique knitting a unisex alpaca hat knit in the round using double pointed and circular needles. I-cord tassel and bind off covered as well. You will have enough yarn to make a 2nd hat.

16 to Adult: Jan 31-Feb 7, Tue, 7-9pm Code: 4655.112
 Fee: \$30 resident/\$37.50 non-resident
 plus \$38 materials fee

Knit an Alpaca Vest

You will want to make yourself one in every color once you find out how cozy and soft this vest is. Ribbed pattern flatters every body type.

14 to Adult: Feb 23, Thurs, 7-9pm Code: 4655.120
 Fee: \$18 resident/\$22.50 non-resident
 plus \$70 materials fee

Knit Some Mittens

Using double pointed needles and bulky yarn, these knit up quickly. Mittens make a great portable knitting project. Make one mitten in class and the second at home.

14 to Adult: Jan 17, Tue, 6-9pm Code: 4655.121
 Fee: \$24 resident/\$30 non-resident
 plus \$28 materials fee

Knit Yourself Some Socks!

Socks make a great portable knitting project. Knit from the cuff down using double pointed needles and washable wool. Experience on double pointed needles is helpful but not required.

16 to Adult: Feb 21-Mar 6, Tue, 7-9pm Code: 4655.102
 Fee: \$40 resident/\$50 non-resident
 plus \$24 materials fee

Lace Cowl

Yummy lace cowl knit from warm alpaca yarn will keep your neck warm in style. Knit in the round.

14 to Adult: Feb 9, Thurs, 7-9pm Code: 4655.113
 Fee: \$18 resident/\$22.50 non-resident
 plus \$22.50 materials fee

Beyond Scarves-Knitting a Hat

Ready to branch out from rectangles? In this class you will learn how to knit with circular needles and double pointed needles and how to follow a pattern to make a warm, soft alpaca hat! Experience on double pointed needles helpful but not required. Second class is from 7-8 pm.

14 to Adult: Mar 13 & 20, Tues, 7-9pm Code: 4655.211
 Fee: \$24 resident/\$30 non-resident
 plus \$38 materials fee

Wrist Warmers

Need to liven up your knitting? Experiment with textured knitting, knitting a gusset, and using double pointed needles, and soft, warm, alpaca yarn. Great gift idea!

14 to Adult: Apr 3 & 10, Tue, 7-8:30pm Code: 4655.201
 Fee: \$20 resident/\$25 non-resident
 plus \$22 materials fee

Lace Shawl

In this class you will make a warm triangle shawl using alpaca, wool and silk yarn. Rich shades of yarn colors will make this one of your favorite cool weather shawls.

14 to Adult: Apr 17 & 24, Tue, 7-9pm Code: 4655.202
 Fee: \$20 resident/\$25 non-resident
 plus \$35 materials fee

Knit a Capelet

A capelet fits nicely over your shoulders. These are knitted in the round for speed, comfort and to save seaming later. In this one session class, you will cast on using circular needles and begin knitting the neckline of the capelet. You will be well on your way to finish your capelet at home.

14 to Adult: May 10, Thurs, 6:30-9pm Code: 4655.221
 Fee: \$20 resident/\$25 non-resident
 plus \$32 materials fee

Market Bag

Here's an all-purpose tote that securely holds everything from your groceries to toys. Made of 100% cotton, it is eco-friendly and an alternative to plastic and paper. Provide your own needles (10.5 straight needles and 13mm 24" circulars) and your materials fee is \$10 for the yarn. Plan to pre-register and START THE PROJECT before first class. The second class meets 7-8 pm.

14 to Adult: May 8 & 15, Tue, 7-9pm Code: 4655.231
 Fee: \$24 resident/\$30 non-resident
 plus \$28 materials fee

Make Felted Soap

If you've ever accidentally shrunk a wool sweater in the laundry, then you have felted! Using raw wool and a bar of soap, students will make their very own washcloth and soap in one! Wear clothing that can get wet and plan to go home with very clean hands and 2 bars of felted soap.

10 to Adult: May 1, Tue, 7-8:30 pm Code: 4655.215
 Instructor: Gail Sundberg-Douse
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$12 resident/\$15 non-resident
 plus \$7 materials fee

Materials fees, supply fees, and handout fees are payable to the instructor at the first class

Sewing Machine Basics

How do I use my machine? This class will go over the basics and you make a reference booklet full of sample stitches and applications. Learn about bobbins, pressure feet, straight and zig zag stitches and more. Bring your own sewing machine and user manual or use one of ours.

16 to Adult: Jan 24, Tues, 6-8:30pm Code: 4901.151
 Instructor: Ann Poindexter
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident

Sewing: Make a Pillow

It's easier than you think! Learn to make a pillow from scratch or recover on old outdated one to liven up any room in your home. Patterns will be furnished. \$10 supply fee payable to the Instructor due at class.

16 to Adult: Feb 9, Thurs, 6-8pm Code: 4901.101
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident

How to Read a Pattern

Do you get confused when you try to read a pattern? Take the mystery out of sewing patterns as you learn to read and understand basic instructions. We will demonstrate cutting instructions, seam allowance, notches, straight of grain and more.

16 to Adult: Feb 7, Tue, 5:30-7:30pm Code: 4901.131
 Instructor: Ann Poindexter
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$18 resident/\$22 non-resident

Sewing: Table Runners

Learn easy sewing skills such as straight stitch, zig-zag-open toe, use of variegated thread, stablizer and hemming techniques as we complete your very own Table Runner. \$5 materials fee payable to the Instructor at the class.

16 to Adult: Mar 13, Tue, 6-8pm Code: 4901.102
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident

Sewing Fundamentals for Adults

Build your confidence as we learn about machine fundamentals, basic sewing techniques by hand and on the machine as we complete a few simple projects to take home and enjoy. Great for those with little or no sewing experience. Machines provided.

16 to Adult: Mar 27, 29, Apr 4, T/Th 6-8pm Code: 4901.150
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident
 plus \$10 materials fee

Make a Spring or Barbeque Apron

Delight your family and friends with a personalized apron. This easy pattern will help you learn and build confidence in your sewing skills. Supply list available or bring \$5 materials and supply fee to the class.

16 to Adult: Apr 3, Tue, 6-8pm Code: 4901.201
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident

Make a Patio Chair Pad

Learn to make new or recover existing Patio Chair Pads! Come learn to make a pattern, cut and sew medium weight fabric, use bias tape as piping as we cover a pre-formed foam chair pad. Supply list available.

16 to Adult: Apr 16, Mon, 6-8pm Code: 4901.202
 Instructor: Ann Poindexter
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident



Cooking:

Once A Month Menu Planning

Learn how to meal plan and create your own month-long menu using healthy foods for the entire family. Learn how to make your own convenience foods. Topics will include buying in bulk, buying organic and creating less waste. Breakfast, lunch and dinner recipes will be included.

18 to Adult: Jan 24, Tue, 6-8pm Code: 4551.101
 Instructor: Robin Wyrick
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$12.50 resident/\$15.75 non-resident

Meal Planning 101

With all the recipes and cooking shows out there why is it so hard to get daily meals together? We can help! Learn the savvy basics of planning the meals you'd like to enjoy with your family. Think stress-free meals, saving money, and time!

18 to Adult: Feb 25, Sat, 1:30-3:30pm Code: 4653.161
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

18 to Adult: Mar 8, Thurs, 11:30-1pm Code: 4653.260
 Location: Longmont Recreation Center, 310 Quail Rd
 Instructor: Chelsea and Suzanne, Back To Basics Kitchen
 Fee: \$25 resident/\$31.25 non-resident

Winter Warm Up with Soups & Stews

Discover the art of hearty soups while learning time saving strategies for getting a great meal on the table. We'll cover broth, creamy, chunky soups and stews, and send you home with versatile and delicious recipes and new skills.

18 to Adult: Jan 28, Sat, 1:30-3:30pm Code: 4653.160
 Instructor: Chelsea and Suzanne, Back To Basics Kitchen
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fees: \$25 resident/\$31.25 non-resident

Surprisingly Delicious Bean Dishes

Beans are one of the most healthy foods you can eat. Learn why, and how to make them taste delicious with 6 ethnic twists; Mediterranean, Italian, Mexican, Indian, Asian, and Southern! Each recipe takes 5 minutes or LESS! We will demonstrate these cooking techniques as we make and eat Warmed Coconut Peanut Lentils.

15 to Adult: Feb 29, Wed, 6-7:15pm Code: 4653.150
 Instructor: Pam Vagnieres
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident
 Plus \$5 materials fee

Bread Making

We demonstrate how to start with wheat seeds and end up with a loaf of bread, Italian Focaccia and Cinnamon rolls fresh out of the oven to eat together. Discover the nutritional benefits of grinding your own wheat. Go Organic, Buy in Bulk and save time and money. Let me show you how.

16 to Adult: Jan 30, Mon, 6-8pm Code: 4652.100
 Mar 5, Mon, 6-8pm Code: 4652.101
 Instructor: Robin Wyrick
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Fee: \$12.50 resident/\$15.75 non-resident

Canning Basics

Learn how to can your own food. Use your garden all year long. Information on how to can anything from meat to fruits and veggies. Save time and money.

16 to Adult: Apr 2, Mon, 6-8pm Code: 4652.223
 Instructor: Robin Wyrick
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$12.50 resident/\$15.75 non-resident

Simple Baby Food to Make at Home

Learn to make tasty, wholesome foods for baby! It's easier than you think and you'll save a bundle. We'll cover the how-to of what you need, choosing ingredients, preparation, and storage.

18 to Adults: Apr 26, Thurs, 11:30-1pm Code: 4652.255
 Instructor: Chelsea and Susanna, Back To Basics Kitchen
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$25 resident/\$31.25 non-resident

Beginning Cheesemaking Feta & Queso Fresco

Learn how to make delicious Feta (a Greek cheese) and Queso Fresco (a Latin American quick farm cheese) in your own kitchen with farm-fresh or store-bought milk. Minimal equipment and ingredients needed and the results are well worth the effort!

14 to Adult: Apr 18, Wed, 7-8:30pm Code: 4652.212
 Instructor: Kate Johnson
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$35 resident/\$43.75 non-resident

Introduction to Hard Cheesemaking

Learn the basic skills and equipment needed to make hard cheeses at home using farm-fresh or store-bought milk. We will start with an Italian hard cheese that needs minimal equipment and a short aging time but is very delicious!

14 to Adult: May 4, Fri, 11:30am-1pm Code: 4652.211
 Instructor: Kate Johnson
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$35 resident/\$43.75 non-resident

Make Your Own Protein Bars

Healthy, Delicious, Easy, Inexpensive and Quick! We will demonstrate how fast and easy it is to make delicious, healthy protein bars. These are much less expensive and you can design the flavor to suit your own tastes. In class we will make and eat Cocoa Cashew Bars and give you lots of recipe ideas.

16 to Adult: May 17, Thurs, 6-7:15pm Code: 4652.230
 Instructor: Pam Vagnieres
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fees: \$25 resident/\$31.25 non-resident
 Plus \$5 materials fee

Spring Greens:

Beyond the Salad Bowl

Spring greens are here again! Come learn about the different and delicious varieties popping up. We'll show such fantastic and versatile recipes that you'll be running to the Farmer's Market or your garden for more greens.



18 to Adults: May 19, Sat, 1:30-3pm Code: 4653.262
 Instructor: Chelsea and Susanna, Back To Basics Kitchen
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

A Fresh Approach to Eating for Health

Good nutrition can improve your health & wellbeing! Join the discussion about what healthy eating really means & learn the skills you need to make healthy dietary changes or manage your weight. Participants will receive a complimentary follow up session with the Dietitian.

16 to Adult: Jan 26, Thurs, 6:30-8pm Code: 4257.100
 Instructor: Lyn Turton, Caledonia Nutrition
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$7 resident/\$8.75 non-resident

Gardening:

Let our experts show you how to achieve professional results at home.

Location: St Vrain Memorial Building,
700 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident



Indoor Plants

Learn easy tips for plant selection, care and maintenance including orchids in and around your home and office. Taught by Evelyn Freytag, Master Gardener.

16 to Adult: Feb 7, Tue, 6:30-8:30pm Code: 4145.132
Instructor: Evelyn Freytag

Containers: Spillers, Thrillers and Fillers

Come find out the best selection of plants that complement each other for spectacular summer color. We include how to care for your containers throughout the growing season. Taught by Evelyn Freytag, Master Gardener

16 to Adult: May 8, Tue, 6:30-8:30pm Code: 4145.232
Instructor: Evelyn Freytag

Elements of Garden Designs I

Learn how to create front entrance and backyard appeal by using various principles of design. We will discuss combinations of hardscapes and softscapes by incorporating line, texture, plant selection for height and continuous color. Bring pictures of your yard to encourage you to develop your own design.

16 to Adult: Apr 10, Tue, 6:30-8:30pm Code: 4145.250
Instructor: Evelyn Freytag

Elements of Garden Designs II

A continuation of Elements of Design or for those who understand basic landscape principals. Using principals of design you too can create simple, effective landscapes. Bring photos of your yard so you can develop your own design.

16 to Adult: Apr 24, Tue, 6:30-8:30pm Code: 4145.251
Instructor: Evelyn Freytag

Simply & Easy Water Features & Fountains

Add the peaceful sound of water to your backyard ambiance. Learn how to install a few simple and easy water features to your landscape. Come learn from the experts at Urban Earth Gardening Services.

18 to Adult: Feb 23, Thurs, 6:30-8:30pm Code: 4145.140
Instructor: Devon Hukill, Urban Earth Gardening Services

Growing Your Plants from Seeds

How to grow healthy plants from seed. Get started early indoors or learn when to begin outdoors in the Colorado climate.

16 to Adult: Mar 20, Tue, 6:30-8:30pm Code: 4145.238
Instructor: Evelyn Freytag

Growing Vegetables and Herbs

Discover great techniques to grown your own herbs and warm and cool season vegetables for a successful harvest.

16 to Adult: May 15, Tue, 6:30-8:30pm Code: 4145.236
Instructor: Evelyn Freytag

Troubleshooting Irrigation Systems

Do you have brown spots in your yard due to a faulty irrigation system? Learn how to repair minor irrigation problems just in time for the growing season.

18 to Adult: Mar 17, Sat, 2-3:30pm Code: 4145.245
Instructor: Devon Hukill, Urban Earth Gardening Services

DIY Drip Irrigation System

Learn how to add a simple and inexpensive drip irrigation system to your landscape. Perfect for shrub and perennial beds, vegetable gardens, containers and patio pots.

18 to Adult: Apr 28, Sat, 2-4pm Code: 4145.247
Instructor: Devon Hukill, Urban Earth Gardening Services

Landscape Series

Join us for this in depth Landscape Series. If you enroll in all 4 classes in this series, you will receive a 30 minute Landscape consultation with one of the experts at Urban Earth Gardening Services.



Instructor: Devon Hukill, Urban Earth Gardening Services

Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident

From the Ground Up-Soil Prep

Soil preparation and mulching is the first stage in a successful landscape. Come learn the importance in soil prep and mulching. We will discuss basic principles, in depth applications and what works best in the Colorado climate.

18 to Adult: Mar 1, Thurs, 6:30-8:30pm Code: 4145.240

Hardscaping and Pathways

Always wanted a meandering path through your yard or garden? Learn the tricks of the trade to create pathways, patios and other hardscapes in your landscape.

18 to Adult: Mar 8, Thurs, 6:30-8:30pm Code: 4145.241

Successful Lawns

Want to be the envy of your neighborhood with the greenest lawn on the block? Learn an easy maintenance program to keep your lawn looking it's best.

18 to Adult: Mar 15, Thurs, 6:30-8:30pm Code: 4145.242

Colors for all Season

Learn what plants to use in your landscape to add visual interest to your yard no matter what the season.

18 to Adult: Mar 22, Thurs, 6:30-8:30pm Code: 4145.243

Introduction to Voiceovers

This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script and recorded so you can receive a professional voiceover evaluation later. You'll have the knowledge to help you decide if this is something you'd like to pursue. This class is taught by a professional voice actor from the Voice Acting Training Company, Voices for All.



18 to Adult: Feb 9, Thurs, 6-8pm Code: 4691.102
Location: Senior Center, 910 Longs Peak Ave
Fee: \$25 resident/\$31.25 non-resident

Beginning Guitar for Adults

This course is geared towards the beginning student and will start with the basics. We will learn how to tune the guitar, play basic chords and accompaniment patterns in a fun, relaxed group setting. Students are to furnish their own acoustic guitar.

18 to Adult: Jan 30-Mar 5, Mon, 8-9pm Code: 4502.102
 Instructor: Mike Tolle
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$48 resident/\$60 non-resident plus \$5 materials fee

Drumming for Health & Therapy

If you can talk-you can drum.

These classes are fun, easy and accessible to anyone regardless of age or physical condition.

The Djembe drum from West Africa is the drum of choice and drums are provided.

Instructor: Gregg Hansen
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$35 resident/\$43.75 non-resident
 Drop In Fee: \$12 resident/\$15 non-resident (Drop in available for beginning/continuing during first two classes of the month.)

Beginning Drumming

Simple rhythms will be presented slowly and patiently.

16 to Adult: Tuesdays, 6:30-7:30pm
 Dates: Jan 3-24 Code: 4299.101
 Feb 7-28 Code: 4299.102
 Mar 6-27 Code: 4299.200
 Apr 3-24 Code: 4299.201

Continuing Drumming

Now that you've learned the basics, it's time to go deeper. Prerequisite: Beginning Drumming.

16 to Adult: Beginner-Mondays, 7:15-8:30pm
 Dates: Jan 2-23 Code: 4298.103
 Feb 6-27 Code: 4298.105
 Mar 5-26 Code: 4298.202
 Apr 2-23 Code: 4298.203

16 to Adult: Beginner-Thursdays, 12-1pm
 Dates: Jan 5-26 Code: 4298.101
 Feb 9-Mar 1 Code: 4298.102
 Mar 8-29 Code: 4298.200
 Apr 5-26 Code: 4298.201

16 to Adult: Intermediate-Tuesdays, 11:30-12:45pm
 Dates: Jan 3-24 Code: 4299.111
 Feb 7-28 Code: 4299.112
 Mar 6-27 Code: 4299.210
 Apr 3-24 Code: 4299.211

16 to Adult: Intermediate-Wednesdays, 7:45-9pm
 Dates: Jan 4-25 Code: 4299.126
 Feb 8-29 Code: 4299.128
 Mar 7-28 Code: 4299.215
 Apr 4-25 Code: 4299.217

Advanced Drumming

Must get permission from Gregg at communitydrum@earthlink.net.

16 to Adult: Tuesdays, 7:45-9pm
 Dates: Jan 3-24 Code: 4298.121
 Feb 7-28 Code: 4298.122
 Mar 6-27 Code: 4298.220
 Apr 3-24 Code: 4298.221



Pre-Natal Music Stimulation

Learn how natural responses to music become simple sensory experiences making music a perfect learning tool for your unborn child. We will give you the tools to enhance the quality of life for both parents and child. A perfect class for expectant Moms.

Adults: Jan 16, Mon, 7-8pm Code: 4503.102
 Location: Longmont Senior Center, 910 Longs Peak Ave
 Instructor: Lisa Hollis
 Fee: \$15 resident/ \$18.75 non-resident

Mandarin Chinese

Learning to speak Mandarin Chinese is fun! Learning to write Chinese characters is cool! Don't know how to pronounce the Chinese symbols? We offer Pin Yin, the Chinese phonetics course. Interested in Chinese cultures? Come and enjoy the Mandarin Chinese class step by step. Learn dates, months, years and time, and some Chinese calligraphy.

17 to Adult: Saturdays, 1-1:45pm
 Dates: Jan 21-Feb 11 Code: 4586.111
 Feb 25-Mar 17 Code: 4586.211
 Instructor: Juli Armas
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Projective Dream Work

Explore your dreams using Projective Dream Work. Share your dreams in a safe and supportive environment, taking each other's dreams as if they were your own. The Projective Dream Work technique is a powerful and effective tool that has helped many people learn the language of their own souls-finding inner wisdom and guidance.

16 to Adult: Mondays, 6-7:30pm
 Dates: Jan 23-Feb 13 Code: 4674.101
 Feb 27-Mar 19 Code: 4674.102
 Instructor: Stacey Arnett, Ph.D
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$40 resident/\$50 non-resident

Intro to Reflexology

Learn what Reflexology is, how it can benefit your health, when it is used, how it works for wellness and foot conditions, as well as any contraindications, as well as understanding the mapping correlation from the feet to the body.

14 to Adult: Apr 19, Thurs, 6:30-8:30pm Code: 4311.232
 Instructor: Karen McMeans Sapienza
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident plus \$6 materials fee

Reflexology for Foot Conditions & Foot Care

Learn how beneficial reflexology can be for Plantar Fasciitis, Neuromas, Achilles tendonitis, sciatica, foot cramps, edema, osteoarthritis, sprained ligaments, restless leg syndrome and more. Get hints and exercises for caring for good foot health.

14 to Adult: Apr 26, Thurs, 6:30-9:30pm Code: 4311.233
 Instructor: Karen McMeans Sapienza
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident plus \$6 materials fee



Safety Awareness for Women

The class will cover: Awareness theory, stalking methods used by predators, common myths regarding where and when we are "safe", home safety tips, traveling safety tips, and some easily obtained tools and weapons that can be used for your defense. While this is not a fighting class per se, there will be some simple and effective defensive techniques taught. Mother/daughter combinations are welcome and encouraged.

12 to Adult: Tuesday, 7-9pm
 Dates: Jan 31 Code: 4587.101
 Mar 6 Code: 4587.200
 Apr 17 Code: 4587.201
 Instructors: Comdr Tim Perkins and Detective Tori Bellah, Longmont Police Dept.
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$5 resident/\$6.25 non-resident

Will Maker Legal Seminar

A wonderful way to get a tough job finished! In a single, easy and enjoyable session, you'll complete a will, living will, medical power of attorney, financial power of attorney, and organ donor request, all with the help of licensed attorney Rebecca Bennetti and her staff. Cost of the class is per person and includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions.

18 to Adult: Jan 28, Sat, 10-1pm Code: 4537.100
 Feb 21, Tue, 6-9pm Code: 4537.101
 Mar 14, Wed, 6-9pm Code: 4537.200
 Apr 28, Sat, 10am-1pm Code: 4537.202
 May 10, Thur, 6-9pm Code: 4537.203
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$99 resident/\$124 non-resident

The Art of Canine Massage

Create a deeper connection with your dog. Does your dog have cabin fever? Did you know that 10 minutes of massage equals 30 minutes of aerobic activity? Give your furry friend the physical and emotional benefits of massage. Please bring your dog, a dog bed or small rug, as well as proof of immunizations.

14 to Adult: Thursday, 7-8:30pm
 Dates: Feb 9 Code: 4501.100
 Apr 5 Code: 4501.201
 Instructor: Lisa Simmerman, Stella Earth
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$25 resident/\$31.25 non-resident

Beginning Dog Obedience

This class is designed for dogs 4 months old and up. Dogs and their companions will learn beginning level obedience skills. Praise and affection, not treats are used in this training program. Please bring your dog, a 6-foot leash (leather or nylon) and an appropriate sized corrective collar or head halter. Please bring proof of all current immunizations to the first class (including distemper, leptospirosis, parvo).



14 to Adult: Thursdays, 7-8pm
 Dates: Feb 16-Mar 22 Code: 4500.101
 Apr 12-May 17 Code: 4500.201
 Instructor: Bill Eyl
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$75 resident/\$93.75 non-resident

Beginning Astronomy

Become familiar with bright stars and constellations and how to locate many beautiful objects in the winter sky. Mar 9 & 16 you'll learn the basics of how to locate objects using a star chart and how to set up and use a telescope. Mar 23 & 30 will be held outdoors-weather permitting-at Sandstone Ranch. Telescopes will be provided or you may bring your own. No restrooms available at the outdoor classes.



18 to Adult: Mar 9-30, Fri, 8-9pm Code: 4588.200
 Instructor: Longmont Astronomical Society
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$20 resident/\$25 non-resident

Getting To Know Your Digital Camera

This course will help owners of digital cameras get more out of their equipment. The second session on Saturday applies the lessons learned. Topics covered will include automatic vs. manual control, white balance, file formats, ISO ratings and reducing red eye. REQUIRED EQUIPMENT: Digital Camera and camera manual.

14 to Adult: Wednesday, 7-9pm & Saturday, 10-11:30 am
 Dates: Jan 11 & 14 Code: 4512.101
 Feb 15 & 18 Code: 4512.200
 Mar 14 & 17 Code: 4512.201
 Apr 18 & 21 Code: 4512.202
 Instructor: John Lovell
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Shooting Pictures Like a Pro

Improve the quality of your photographs by understanding what makes a great photo and how it got that way. The second session will be held at Sandstone Ranch. Topics covered will include posing subjects, lighting, depth of field, stop action, and composition. REQUIRED EQUIPMENT: 35mm or Digital Camera with the ability to manually change aperture and shutter speed.



14 to Adult: Wednesday, 7-9pm & Saturday, 10-11:30 am
 Dates: Jan 25 & 28 Code: 4511.102
 Mar 7 & 10 Code: 4511.200
 Apr 25 & 28 Code: 4511.201
 Instructor: John Lovell
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$35 resident/\$43.75 non-resident

Live Your Life with Passion & Purpose

Longing for greater joy and meaning in your life? Join this "coaching-style" class and participate in activities that will help you find your unique path. Through fun and creative exercises and discussions, you will develop long-term goals and workable action plans to start moving closer to your ideal future! Complimentary 30 minute private coaching session is included at the end of the class. *No class Feb 20.

18 to Adult: Jan 23-Mar 12*, Mon, 11am-1pm
 Instructor: Kate Johnson Code: 4513.101
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$199 resident/\$248.75 non-res

Organizational Life Strategies

Join "Dr DeClutter" for these informational workshops.

Instructor: Kim Wolinski
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$16 resident/\$20 non-resident

Show Up and Change the Story of Your Life

It's a New Year! Are you happy with your life? Are you getting the results you want? Learn The ReDecisions Model™ to identify how you show up, what beliefs stop you from getting what you want and how to "ReDecide" to live the story you really want.

18 to Adult: Jan 11, Wed, 6:30-8:30pm Code: 4251.101

The 7 Priorities That Will Change Your Life

Lack of priorities is the #1 killer of achievement, accomplishment, happiness and success. "We don't plan to fail, we fail to plan." Live the life you truly want, take charge of your goals and dreams and take action on your priorities. The New Year is a good time to start!

18 to Adult: Jan 25, Wed, 6:30-8:30 pm Code: 4251.102

Computers: What Do You Have? What Do You Want?

Tables, Netbook, Laptop, Desktop, E-Reader, Android, Apple? So many options, so little information. Which is right for you? There are so many choices, sometimes you need someone not collecting commission help you figure out what works best for you.

15 to Adult: Jan 19, Thurs, 6-8pm Code: 4545.130
Mar 7, Wed, 6-8pm Code: 4545.232

Instructor: Candace Youngman, Teaching Tech
Computer Services

Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident

Computers: iPods & iTunes?

Which I-Pod should you buy, how do you organize your music? Learn how to import music and make playlists. We will also cover at home speaker systems for the iPods.

15 to Adult: Jan 26, Thurs, 6:30-8pm Code: 4545.131
Instructor: Candace Youngman, Teaching Tech
Computer Services

Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident

Computers: Organize Your Digital Photos

We will help you organize, file, and edit those digital photos. You can't show them off if you can't find them or they are sideways once you do. Learn just the basics using free Picasa Editing Software.

15 to Adult: Jan 23, Mon, 6:30-8:30pm Code: 4545.132
May 23, Wed, 6-8pm Code: 4545.233

Instructor: Candace Youngman, Teaching Tech
Computer Services

Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident

Computers: Safe Computing Practices

Learn about safeguarding your data and privacy while doing email and using the Internet. This seminar is for intermediate users. Topics include data backup, viruses, virus protection, computer hoaxes, firewalls, spyware and cyber-stalking.

16 to Adult: Jan 24, Tue, 6-8pm Code: 4545.121

Instructor: Henry Spencer
Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$20 resident/\$25 non-resident

How to Organize Paper for Taxes, Files and More

Got paper? If you're overwhelmed with, or stuck due to paper overload, sign up for this class. Taxes, piles of bills, photos, kid's art and schoolwork, stacks and heaps need attention. BONUS! Receive "Dr. DeClutter's Important Documents Location List".

16 to Adult: Mar 1, Thurs, 6:30-8:30pm Code: 4241.200

Burn Your House Down! Get Organized for Good!

It's spring! Learn how to decide, sort and clear out the clutter from your life on every level to decrease stress, frustration, wasted time and energy. We will cover: How to get started; How to sort and store; How to reorganize everything to love your home again.

18 to Adult: Mar 20, Tue, 6:30-8:30 pm Code: 4248.200

Change Your Mind, Change Your Life

Choice is POWER; it is a catalyst for change. Each decision you make opens a path to what you want or what you don't want. Learn the habits and mindsets that make for unwanted choices and how to focus your mind to get what you want.

18 to Adult: Apr 18, Wed, 6:30-8:30pm Code: 4251.200

Computers: Getting To Know Your PC

Get to know your PC and learn about operating systems, processors, memory, hard drive space, defrag, peripherals and more.

We will discuss why computers slow down, what routine maintenance you should perform and how often, what you should and shouldn't do and why. Learn about viruses, worms, spyware and how to protect yourself.

16 to Adult: Feb 15, Wed, 5:30-7:30pm Code: 4545.101

Instructor: Robert Dornan
Location: Longmont Senior Center, 910 Longs Peak Ave
Fees: \$20 resident/\$25 non-resident

Computers: Backing Up Your Data

In this two hour class, join us as we learn why it is important to back up your data on your computer. Learn the "how to's" before it's too late. Questions and answers time after class.

16 to Adult: Feb 1, Wed, 5:30-7:30pm Code: 4545.120

Instructor: Robert Dornan
Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$20 resident/\$25 non-resident

Email - From Setup To Clean Up

What service provider should you use for email? We will help you set up email and keep your inbox clean, utilizing folders to save important mail. Email TOP to BOTTOM, all the answers in one place.

15 to Adult: Mar 1, Thurs, 6-8pm Code: 4545.230

Instructor: Candace Youngman, Teaching Tech
Computer Services

Location: Longmont Senior Center, 910 Longs Peak Ave
Fee: \$15 resident/ \$18.75 non-resident

Computers: Social Media... What's It All About

Social media is the new buzz word. Do you want to join the party? What it can do for you, to tweet or not to tweet, are you linked IN, what is Facebook and why would I want one. Learn how to use social media for fun and business.

15 to Adult: Apr 11, Wed, 6-8pm Code: 4545.231

Instructor: Candace Youngman, Teaching Tech
Computer Services

Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fees: \$15 resident/\$18.75 non-resident

