



*St. Clair Shores  
Adult & Community Education*

*Winter 2012*

**“A Passion for Learning...  
Learning for Life”**

**Residents & Non-Residents Welcome  
(586) 285-8880**

*In cooperation with Lake Shore, Lakeview, and South Lake School Systems*

**MISSION & BELIEFS**

The mission of St. Clair Shores Adult & Community Education is to provide, in partnership with the community, all learners with opportunities to acquire the knowledge, skills, and experiences necessary to build meaningful and productive lives.

**OUR STAFF**

**Becky Whitfield**, Director  
**Wrayjean Peck**, Assistant Director: Contracts Division, Grants, Technology  
**Renee McKee**, Coordinator: Adult/ Youth Enrichment, Swim Lessons, Trips & Tours Program  
**Sharon Malinowski**, Coordinator: Child Care  
**Kathleen Archibald**, Coordinator: ESL, GED, Homebound, High School Completion, Credit Recovery  
**Pat Donohue**, Principal: North Lake High School

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 2011/2012**

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*St. Clair Shores Community Education is a cooperative program sponsored by the Boards of Education of Lake Shore, Lakeview and South Lake Schools.*

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 (586) 285-8880**

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## FOUR EASY WAYS TO REGISTER

### MAIL

St. Clair Shores Adult Ed.  
23055 Masonic Blvd.  
St. Clair Shores, MI 48082

### PHONE

(586) 285-8880



### WALK-IN

23055 Masonic Blvd.  
St. Clair Shores, MI 48082  
Monday-Friday 8:00am-4:00pm

### FAX

(586) 285-8881

**We accept cash, checks, Mastercard and Visa**

**For your convenience we will have extended office hours.  
Mon-Fri. 8:00am-5:00pm from 1/4/12 through 1/13/12**

## BUILDING CLOSURES

The Community Education Office will be closed on the following days:  
1/16, 2/20, 4/2-4/6

## REFUND /RETURNED CHECK POLICY

Refunds must be requested **BEFORE** the second class meets. **Tuition for one and two night classes are not refundable.** If a class is cancelled due to low enrollment, a full refund will be given. **No Refunds** will be granted for **day trips** unless we are able to replace you with someone on a wait list. Check with your company for refunds on extended trips. If cancellation protection is available and purchased, 24 hour notice of cancellation must be given in order to receive a refund. Please allow approximately 10 business days for your refund to be processed. **A \$7 processing fee will be deducted from all refunds.** There is a \$25 fee for all checks returned from the bank for non-sufficient funds. **This fee must be paid in cash only.**

## INCLEMENT WEATHER

If Lake Shore School District closes due to bad weather, Community Education classes will be canceled, even if the weather later improves. You may call the Community Education building after 4:00p.m. to check to see if classes are canceled. Every effort will be made to make up classes. In the event we are unable to schedule a make up class, refunds will not be granted. **Trips will go as scheduled unless you are notified.**

RESIDENTS AND NON-RESIDENTS ARE WELCOME  
TO ATTEND ANY CLASS OR TRIP

**VISIT OUR WEBSITE @ [www.lakeshoreschools.org](http://www.lakeshoreschools.org)  
CLICK ON: ADULT EDUCATION tab**

This is an equal opportunity employer/program. We do not discriminate against or exclude participation by any person in programs, activities or employment on the basis of race, sex, color, national origin, creed, religion, political affiliation or disability. Auxiliary aids and services available upon request. Michigan Relay Center 1-800-649-3777, TDD 1-586-285-8761.

# SHORES CHILD CARE CENTER

## Infant-Toddler-Preschool Program

23340 Elmira, St. Clair Shores  
(2 blocks North of 14 Mile, East of Harper)

Licensed Child Care & Preschool Center  
3 Months - 6 Years



Hours 6:30 am - 6:00 pm

Monday - Friday ~ Year Round

Quality Care in a loving, clean, child friendly environment!

Outdoor playground and gym.

For More Information or to Register Please Call  
**(586) 285-8580**

### PRESCHOOL CLASS SCHEDULE



3 Yr Olds	Mon & Wed	9:00-11:00	147.00 per sem
4 Yr Olds	Mon & Wed	12:15-3:15	215.00 per sem
4 Yr Olds	Tues & Thurs	9:00-12:00	215.00 per sem
4 Yr Olds	Mon, Wed, & Fri	12:15- 3:15	320.00 per sem

Come spend fun quality time with your child in our mom and me classes

#### **MOM AND ME LEARNING TOGETHER** Ages 2 - 4

A great way for Mom, Dad, Grandparent or Caregiver to participate with your child in an atmosphere of learning.

Wed	1/11	7 classes	5:30-6:15pm	\$35
Fri	1/13	7 classes	11:00-11:45am	\$35

#### **LITTLE TYKES PLAYTIME** Ages 18 mos. - 3 yrs.

Young child and caregiver have time to explore and experience different activity centers within the classroom. Seasonal art projects and limited group or circle time will be shared during class.

Wed	1/11	7 classes	4:30-5:15pm	\$35
Fri	1/13	7 classes	10:00-10:45am	\$35

## YOUTH ENRICHMENT PROGRAMS

CLASSES ARE HELD AT RODGERS ELEM.  
UNLESS OTHERWISE STATED  
NO CLASSES 2/18

### ART

#### **STEP BY STEP DRAWING** *Ages 6 & up*

**Y8010 Sat 2/4 6 classes 10:00-10:55am \$40**

Ready to make some awesome drawings? Learn the techniques of drawing one step at a time. Try some color mixing for that WOW look and ...you have created ART.

### COOKING

#### **LITTLE CHEFS** *Ages 6 & up*

**Y8020 Sat 2/4 6 classes 9:00-9:55am \$40**

For the budding junior chef who wants to learn independence in the kitchen. Fun, messy, hands on class. Basics in snacks, cooking, recipe prep, proper cleaning, and manners. Join in the fun! **\$7 material fee payable to the instructor at first class.**

#### **BEGINNER COOKING** *Ages 9-12*

**Y8021 Sat 2/4 6 classes 10:00-11:15am \$40**

This hands-on class will teach you about following measurements, planning a fun and balanced meal; plus you will have a great time making and tasting new foods. Bring suggestions of dishes you would like to learn to make to first class.

**\$10 material fee payable to the instructor at first class.**

#### **BAKING** *Ages 6-12*

**Y8022 Sat 2/4 6 classes 11:15-12:30pm \$40**

Eager to introduce your child to the joys of baking? Young minds and busy fingers get active in this baking class where they will learn how to bake and decorate their own colorful and tasty morsels! **\$10 material fee payable to instructor at first class.**

### DANCE/CHEER/ GYMNASTICS

#### **BALLET & TAP WITH A LITTLE JAZZ** *Ages 5-7*

**Y8030A Sat 2/4 6 classes 9:00-9:55am \$40**

**Y8030B Sat 2/4 6 classes 10:00-10:55am \$40**

This class combines both basic ballet and tap steps with a little bit of jazz. A great way to see what your child is really interested in. Your little dancer will learn shuffles, flaps, scuffles, balance, coordination, rhythm, and much more. Leotard/tights and dance shoes required.

#### **CHEERLEADING**

**Y8031A Ages 5-7 Sat 2/4 6 classes 11:00-11:45am \$40**

**Y8031B Ages 8-10 Sat 2/4 6 classes 12:00-12:45pm \$40**

This class will give you something to cheer about! Learn cheers, chants, and dance routines in this fun and exciting class designed to improve coordination, flexibility, and teamwork.

#### **BEGINNING GYMNASTICS** *Ages 5-7*

**Y8032 Sat 2/4 6 classes 11:45-12:30pm \$40**

Learn basic tumbling skills, forward, backward straddle rolls, cartwheels, walkovers, and balance beam techniques. A perfect class for balance and coordination.

#### **INTERMEDIATE GYMNASTICS** *Instructor: K. Riley*

**Y8033A Ages 5-7 Tues 1/24 6 classes 6:00-6:50pm Rodgers \$60**

**Y8033B Ages 7-12 Tues 1/24 6 classes 7:00-7:50pm Rodgers \$60**

Students will build on beginners' skills improving technique, balance, and coordination focusing on the areas of tumbling. Beginning gymnastics is not required but recommended for the novice student.

**DRAMA****THE KIDS SHOW** *Ages 6 & up*

**Y8040 Sat 2/4 6 classes 9:00-9:55am \$40**

Pretend and perform. Your budding actor or actress will be introduced to a variety of acting skills including pantomime, improv, and story telling in a fun and supporting environment. On the last day of class, friends and family are invited to attend the performance.

**MUSIC****PIANO** *Ages 7-12*

**Y8041 LEVEL I Sat. 2/4 6 classes 10:00-10:55am \$40**

**Y8042 LEVEL II Sat. 2/4 6 classes 11:00-11:55am \$40**

An intro to basic piano. Students will learn musical terms and symbols, keyboarding skills, sight-reading, and theory. Learning is carefully planned for steady progress and student enjoyment! Bring keyboard if you have one. **\$11.75 book fee payable to instructor at 1<sup>st</sup> class.**

**GUITAR** *Ages 8-12*

**Y8043A LEVEL I Thurs 1/26 8 classes 5:00-5:45pm SCSACE Rm 105 \$46**

**Y8043B LEVEL I Sat 2/4 6 classes 9:00-9:55am \$40**

**Y8044 LEVEL II Sat 2/4 6 classes 10:00-10:55am \$40**

This class will introduce strumming skills on one of today's most popular instruments. Learn chord & hand techniques as well as music reading. Advance at your own pace. **Bring guitar & Mel Bay's Guitar Method: Grade 1 book to class. Must complete Level I before enrolling in II.**

**LEARNING IS FUN****SNOWMOBILE SAFETY CLASS** *Ages 11 & up Instructor: R. Pullin*

**Y8050 Mon & Wed 1/23, 1/25 6:00-9:30pm SCSACE Rm 105 \$10**

As trails and recreation areas become more crowded, it is more important than ever for riders to operate their vehicle safely and responsibly. To reduce the number of accidents, injuries, and fatalities and to promote safe and responsible use of the environment it is essential to make sure that your child is truly ready to ride by knowing the rules and safety precautions. By completing this 2 night class and successfully answering the 50 question test, they will receive their operator's certificate on the last night of class. Anyone 11 or older is eligible, however the certificate does not become valid until the child reaches 12 years of age. **BRING BIRTH CERTIFICATE TO CLASS**

**SELF DEFENSE FOR KIDS** *Ages 7-11*

**Y8051 Tues 2/7 4:30-5:30pm SCSACE Rm 110 1 Night \$10**

This fun, interactive, and age appropriate workshop teaches essential lifesaving skills about the threats facing our children. Strategies for prevention and real world techniques designed to reduce their risk of abductions, assaults and other forms of violence are taught. Most of all, this program teaches kids that they have the right to be safe, that no one has the right to hurt them and that their life is worth protecting.

**BABYSITTING** *Ages 11-15*

**Y8052 Tues 3/6, 3/13 5:30-8:30pm SCSACE Rm 105 2 Classes \$85**

The American Red Cross Babysitter Program will teach how to supervise children & infants; perform basic skills such as diapering, feeding, dressing; choose safe games & toys; handle bedtime and discipline issues; identify safety hazards and prevent injuries; care for common injuries and emergencies, communicate effectively with parents. Each participant receives a resource handbook, compact reference booklet, CD with an electronic babysitter organizer, printable activity book and Red Cross certificate.

**MATH BOOSTER** *Ages 8 & up*

**Y8053 Sat 2/4 6 classes 12:00-12:55pm \$40**

If you are stumbling a bit with those *CRAZY* percentages, decimals and fractions. Maybe you just need a little extra help to keep from getting fraction frenzy. This no pressure class will definitely strengthen your math skills.

**SPORTS**

**BASEBALL**

**Y8060A** *Ages 5-6* **Tues 1/31** **6 classes** **6:00-6:45pm** **\$40**  
**Y8060B** *Ages 7-10* **Thur 2/2** **6 classes** **6:00-6:45pm** **\$40**

Work on developing the skills of catching, throwing, and swinging the bat. You will learn some of the concepts of base running, fielding, and playing positions. Parents are welcome to participate. Coach Mike Fremont

**BASKETBALL** *Ages 5-7*

**Y8061 Sat 2/4** **6 classes** **11:00-11:55am** **\$40**

This class will stress skills in dribbling, passing, shooting, ball handling, teamwork, strategy, and game playing. These classes are designed to provide basic instruction for the novice player, as well as to enhance coordination. This class is co-ed.

**INDOOR SOCCER** *Ages 5-7*

**Y8062 Sat 2/4** **6 classes** **10:00-10:55am** **\$40**

Students will learn the basic techniques and fundamentals of the game through practice in ball control, passing and shooting on net.

**JUNIOR DRAGONS** *Ages 5-7 Instructor: Bodies in Motion*

**Y8063 Sat 2/4** **6 classes** **11:00-11:45am** **\$40**

Intro to Tae Kwon Do by certified instructor. Focus on alertness, fitness, and confidence. Light sparring, offense/defense skills will be taught. Attire is black or blue sweat pants and tee. Students do work out in bare feet.

**HE-MAN** *Ages 5 and up Instructor: Bodies in Motion*

**Y8064 Thur 1/26** **8 classes** **6:30-7:30pm** **Born Cntr** **\$65 both**

An all Male adult-child Self Defense class offering techniques based on Tae Kwon Do style strikes, blocks and kicks. It's an energetic "rough and tumble" workout geared toward father/son, brothers, or other family members. Comfortable workout attire. Be prepared to workout in bare feet.

**U GO GIRL** *Ages 5 & up Instructor: Bodies in Motion*

**Y8065 Tues 1/24** **8 classes** **6:30-7:30pm** **Born Cntr** **\$65 both**

An All Girl Workout designed for mother/daughter, sisters, best friends, or a favorite aunt. It will include Self-defense, Pi/Yo, and cardio dance. Comfortable workout attire. Be prepared to workout in bare feet.

**GOLF LESSONS** *Instructor: A. Macko, PGA Professional*

**Y8066 Wed 1/25** **5:00-6:00pm** **Jawor's** **5 Classes** **\$60**

Learn the fundamentals of grip, stance, swing, club knowledge, chipping, and putting before the snow melts. Bring your five-iron the first week. Instructor will tell students at the end of each lesson what club to bring the following week. Golf clubs provided if student doesn't have clubs. Wear golf or tennis shoes. Lessons are held in a heated outside enclosure with heated tees. Dress in layers! **A medium bucket of balls must be purchased for \$7.50.** Jawors Golf 32900 Gratiot, Roseville, 48066

**ST CLAIR SHORES SKI & SNOWBOARD CLUB**



The city of St Clair Shores offers students in grades 6-12 an opportunity to learn to ski or snowboard at Mt. Holly on Friday evenings beginning in mid December.

For more information contact:  
 SCS Parks & Rec Department  
 586 445-5350

## 8 CLASSES AT RODGERS ELEM. UNLESS OTHERWISE STATED

### **NAAMA KARATE** *Ages 5-12*

**Beginning Students** Mon&Wed 1/23 6:00-7:00pm \$5/Class  
**Continuing Students** Mon&Wed 1/23 7:00-8:00pm \$5/Class

This course will teach the fundamentals of karate. Certified instructors incorporate antidrug and danger awareness programs. Pay only for classes that you attend. \$20 registration fee payable to NAAMA at class. Contact NAAMA (586) 263-9449

### **PONY PALS I** *Ages 4-8*

**Y8067A** Fri 3/2 4 weeks 5:15-6:15pm \$80.00  
**Y8067B** Sun 3/4 4 weeks 10:30-11:30am \$80.00

Windermere Equestrian Center, 20615 Dunham Rd., Clinton Twp, 48038. Children, along with an adult family member, will learn to groom and care for a horse then saddle up for a lead line lesson. They will learn the basic riding position and horsemanship from the center of the arena while a lesson assistant leads the horse and the family member walks along side as a spotter. As the student progresses, the need for the spotter and leader, will diminish until the student is able to ride unassisted. Must wear long pants, tennis shoes and bike helmet.

### **PONY PALS II** *Ages 8 & up*

**Y8068A** Fri 3/2 4 weeks 6:30-7:30pm \$80.00  
**Y8068B** Sun 3/4 4 weeks 12:00-1:00pm \$80.00

Students must be able to demonstrate the ability to control the horse at a walk. The Pony Pals I instructor must pass the child from Pony Pals I to II, or the student may schedule an evaluation lesson at Windermere. Must wear long pants, tennis shoes and bike helmet.

### **00403 AMERICAN GIRL PLACE – Chicago**

**Tuesday, April 3 & 4 Cost \$499 Depart 8:00am Return 9:30pm**

Plan a special day and explore American Girl Place...a wonderful world designed just for girls! It is located just three blocks from the InterContinental Chicago at Water Tower Place. Experience fun and fancy dining in the American Girl Cafe, where even her doll gets to dine. **Trip includes:** motor coach, dinner at American Girl Store, overnight stay at InterContinental Chicago Magnificent Mile with a personalized welcome letter for your girl, free in room movie with popcorn amenity, turn down service with bed time treat, American Girl doll-sized travel bed (1 bed per room reservation add'l bed @ \$20 per bed), breakfast for two with trivia quiz and prize, entry into quarterly American Girl Place doll drawing. Shopping and additional meals on your own.

## **PRESCHOOLERS**

### **LITTLE SHOTS** *Ages 3-5*

**Y8070A** Sat 2/4 6 classes 10:15-11:00am \$35  
**Y8070B** Sat 2/4 6 classes 12:00-12:45pm \$35

For future basketball stars! This class teaches the ball handling skills of dribbling and shooting through drills and play. For maximum benefit parents should participate along with their child.

### **KRAZY KICKERS** *Ages 3-5*

**Y8071A** Sat 2/4 6 classes 9:00-9:45am \$35  
**Y8071B** Sat 2/4 6 classes 11:00-11:45am \$35

This fun and instructional soccer class teaches the ball handling skills of dribbling around obstacles, trapping, and shooting on net. For maximum benefit parents should participate along with their child.

### **LITTLE WARRIORS** *Ages 3-4 Instructor: Bodies in Motion*

**Y8072** Sat 2/4 6 classes 12:00-12:45pm \$35

Intro to Tae Kwon Do taught by certified instructor. Focus on alertness, fitness & confidence using age appropriate techniques while having fun. Attire will be black or blue sweat pants and tee. Students do work out in bare feet. For maximum benefit parents should participate along with their child.

**STRIKERS BASEBALL** *Ages 3-4*

<b>Y8073A</b>	<b>Tues</b>	<b>1/31</b>	<b>6 weeks</b>	<b>5:00-5:45pm</b>	<b>Rodgers</b>	<b>\$35</b>
<b>Y8073B</b>	<b>Thurs</b>	<b>2/2</b>	<b>6 weeks</b>	<b>5:00-5:45pm</b>	<b>Rodgers</b>	<b>\$35</b>

Introduction to baseball through developing the skills of catching, throwing, and swinging at the ball off a tee and pitched. The concept of base running, fielding and positions is explored and a "game" is played. Parents are welcome to participate. Coach Mike Fremont.

**ROLLIE POLLIES** *Ages 2 Yrs Instructor: Bodies in Motion*

<b>Y8074</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>9:00-9:30am</b>	<b>\$25</b>
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Toddlers learn to socialize while developing basic skills such as balance and coordination. For maximum benefit parents should participate along with their child.

**TUMBLIN TOTS** *Ages 3-4 Instructor: Bodies in Motion*

<b>Y8075A</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>9:45-10:30am</b>	<b>\$35</b>
<b>Y8075B</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>10:45-11:30am</b>	<b>\$35</b>

Preschoolers learn and practice skills such as balance, coordination and large motor skills. **For maximum benefit parents should participate along with their little gymnast.**

**TAPPY TOES TAP** *Ages 2-4*

<b>Y8076</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>9:30-10:00am</b>	<b>\$25</b>
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Learn tap dance steps for little feet and movement to the beat of the music. This class is designed to help your child in coordination, balance, physical, and social development. Tap shoes required.

**TIPPY TOES BALLET** *Ages 3-4*

Learn the dance steps that little folks can comfortably handle. This class is designed to help your child in coordination, group learning and following directions. Leotard optional - ballet slippers required.

<b>Y8077A</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>9:00-9:30am</b>	<b>\$25</b>
<b>Y8077B</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>10:00-10:30am</b>	<b>\$25</b>
<b>Y8077C</b>	<b>Sat</b>	<b>2/4</b>	<b>6 classes</b>	<b>10:30-11:00am</b>	<b>\$25</b>



## **TOTS POOL SCHOOL**

### **NO CLASS 2/18 & 2/20**



Classes are designed to introduce your child to the pool and to help them become comfortable in the water. Children who are not potty trained must wear a swim diaper.

**PARENT TOT WATER PLAY** *Ages 6mos-4 yrs*

<b>SL-P5007</b>	<b>Wed</b>	<b>1/25</b>	<b>6:00-6:30pm</b>	<b>7 Classes</b>	<b>\$30</b>	<b>South Lake</b>
<b>LS-P5007</b>	<b>Sat</b>	<b>1/28</b>	<b>10:00-10:30am</b>	<b>7 Classes</b>	<b>\$30</b>	<b>Lake Shore</b>

Learn together to increase child's comfort level in the water by emphasizing safety, water adjustment, and preparatory activities for swimming, fun and enjoyment for you and your child. Children who are not potty trained must wear a swim diaper.

**LITTLE SWIMMERS w/parent** *Ages 3-5*

<b>SL-P5008</b>	<b>Mon</b>	<b>1/23</b>	<b>6:00-6:30pm</b>	<b>7 Classes</b>	<b>\$35</b>	<b>South Lake</b>
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Introduction to some basic water skills. Class will help child adjust to the water while learning beginner skills through water exploration and games. Bobbing, floating, kicking and assisted movement. Children who are not potty trained must wear a swim diaper.

**BIG SWIMMERS without parent** *Ages 3-5*

<b>LS-P5009</b>	<b>Sat</b>	<b>1/28</b>	<b>10:30-11:00am</b>	<b>7 Classes</b>	<b>\$35</b>	<b>Lake Shore</b>
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This is child's first class without a parent. Class will help child adjust to the water while learning beginner skills through water exploration and games. Bobbing, floating, kicking and assisted movement. Children who are not potty trained must wear a swim diaper.

## Swim Lessons

**NO CLASS 2/18 & 2/20**



Class sizes are limited. Please register early.  
Swim goggles are recommended but not required.

*PLEASE BRING MOST RECENT RED CROSS CARD TO FIRST CLASS*

### LEVEL 1 - INTRO TO WATER SKILLS *(Ages 5 & up)*

SL-P5001A	Mon 1/23	6:30-7:15pm	7 Classes	\$45	South Lake
SL-P5001B	Wed 1/25	6:00-6:45pm	7 Classes	\$45	South Lake
LS-P5001A	Sat 1/28	11:15-12:00pm	7 Classes	\$45	Lake Shore
LS-P5001B	Sat 1/28	11:15-12:00pm	7 Classes	\$45	Lake Shore

Help students feel comfortable in the water and enjoy the water safely. Assisted elementary aquatic skills introduced. Buoyancy, breath control, kicking, alternating arm action and floating.

### LEVEL 2 - FUNDAMENTAL SKILLS

SL-P5002A	Mon 1/23	6:30-7:15pm	7 Classes	\$45	South Lake
SL-P5002B	Wed 1/25	6:30-7:15pm	7 Classes	\$45	South Lake
SL-P5002C	Wed 1/25	7:15-8:00pm	7 Classes	\$45	South Lake
LS-P5002A	Sat 1/28	11:15-12:00pm	7 Classes	\$45	Lake Shore
LS-P5002B	Sat 1/28	12:00-12:45pm	7 Classes	\$45	Lake Shore

Learn how to float and swim using both arm and leg movements over short distances independently, primarily on front and back, without support.

### LEVEL 3 - STROKE DEVELOPMENT

SL-P5003A	Mon 1/23	6:45-7:30pm	7 Classes	\$45	South Lake
SL-P5003B	Wed 1/25	7:15-8:00pm	7 Classes	\$45	South Lake
LS-P5003	Sat 1/28	12:00-12:45pm	7 Classes	\$45	Lake Shore

Guided practice of skills with emphasis on rotary breathing while swimming on front. Underwater retrieval. Introduce first phase of butterfly. Introduction to diving and other deep water skills.

### LEVEL 4 - STROKE IMPROVEMENT

SL-P5004	Wed 1/25	7:15-8:00pm	7 Classes	\$45	South Lake
LS-P5004	Sat 1/28	12:00-12:45pm	7 Classes	\$45	Lake Shore

Build on the butterfly and introduce the elementary backstroke, breaststroke, and sidestroke. Deep water swimming, underwater swimming, and basic wall turns are introduced.

### LEVEL 5 - STROKE REFINEMENT

LS-P5005	Sat 1/28	9:00-9:45am	7 Classes	\$45	Lake Shore
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Coordinate and refine all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) with increased distances. Flip turns on the front and back introduced.

### LEVEL 6 - SKILL PROFICIENCY

LS-P5006	Sat 1/28	9:45-10:30am	7 Classes	\$45	Lake Shore
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Learn advanced skills to swim all strokes with ease, efficiency and over great distances. Must be able to swim continuously and demonstrate all turns and strokes.

**PRIVATE LESSONS AVAILABLE**  
Contact Renee McKee 285-8888

## ADULT ENRICHMENT CLASSES

### ALTERNATIVE

#### **PSYCHIC DEVELOPMENT 101** *Instructor: P. Hill Taylor*

Every night as we go to sleep we enter another world where we work out our problems, receive answers, glimpse the past or future and sometimes visit with deceased loved ones. Learn how to understand and develop your dream reality.

**7000**   **Tues**   **1/31**                      **\$15**                      **7:00-9:00pm**                      **SCSACE Rm 106**

#### **PAST LIVES, FUTURE FORTUNES** *Instructor: R. Taylor*

Discover your true nature in relationship to past lives. Robert will use an ancient Indian oracle to explore both your past and your future.

**7001**   **Tues**   **2/7**                              **\$15**                      **7:00-9:00pm**                      **SCSACE Rm 106**

#### **WHAT'S IN THE CARDS FOR YOU** *Instructor: P. Hill-Taylor*

Learn about the ancient wisdom of the Tarot and how this fascinating link to the universal unconscious can give you insight into your past, present and future. Pamela will give each one a mini-reading. \$2 material fee payable to instructor.

**7002**   **Tues**   **2/21**                              **\$15**                      **7:00-9:00pm**                      **SCSACE Rm 106**

#### **IT'S ALL IN THE PALM OF YOUR HAND** *Instructor: R. Taylor*

Spend an entertaining evening with palmist Robert Taylor teaching you the intricacies of your palm. Each participant will receive a palm reading.

**7003**   **Tues**   **2/28**                              **\$15**                      **7:00-9:00pm**                      **SCSACE Rm 106**

### ARTS & CRAFTS

#### **WOODCARVING** *Instructor: M. LePage, Master Woodcarver*

Beginner & Advanced woodcarvers will learn the various techniques of wood carving using a knife or a Dremel tool. The class will be carving a popular bird, duck or animal. Knives and tools are available from instructor. *Material fee up to \$15*

**1000**   **Wed**   **1/25**                      **6:30-9:15pm**                      **\$70**                      **LSHS Room 119**                      **7 Classes**

#### **ART FOR ALL MEDIAS-ACRYLIC, OIL, WATERCOLOR** *Instructor:Repen*

Enjoy your leisure by taking a class in painting. Learn and improve your basic art skills. All medias covered in class. Bring in any painting you are working on or an idea of what you would like to paint. **(NO CLASS 2/20)**

**1001**   **Mon**   **1/23**                      **12:30-3:00pm**                      **\$40**                      **SCSACE Room 111**                      **8 Classes**

#### **BASKET WEAVING** *Instructor A. Jorgensen*

Students will learn techniques and directions to make 3 baskets: Kelly's Braids and Spirals, Willow and Star and Olde Crow Inn. Bring to first class a dish pan, scissors, tape measure, pencil and 2 dozen clip clothespins. *Material fee \$38 paid at first night of class.*

**1002**   **Wed**   **1/25**                      **6:30-8:30pm**                      **\$45**                      **SCSACE Room 111**                      **8 Classes**

#### **KNITTING FOR ALL SKILL LEVELS** *Instructor: Hanna*

Beginners, intermediate and advanced knitters welcome. Beginners learn cast-on, knit, purl and bind-off. Beginners project will be slippers or a hat. Bring to class: size B (US) needles and 1 skein solid color yarn. Others bring in project of your choice. You will get assistance with stitches and reading patterns.

**1003**   **Tues**   **1/24**                      **6:30-8:30pm**                      **\$43**                      **LCMSS Room 114**                      **6 Classes**

**THE LAKESIDE PALETTE CLUB MEETS EVERY TUESD  
FROM 9:00-3:00 AT OUR ADULT ED. BUILDING**

[www.lakesidepaletteclub.org](http://www.lakesidepaletteclub.org)



**CROCHET FOR BEGINNERS** *Instructor: Marroso*

Instruction for beginners and for those with limited knowledge of crochet. The class will consist of methodology in these areas: learn to read patterns, work independently and complete projects in class. Patterns are available free of charge. Bring one "G" crochet hook and 1 skein of light solid color 4-ply yarn to first class.

**1004** Tues 1/24 7:00-9:00pm \$43 LCMSS Room 103 6 Classes

**INTRODUCTION TO JEWELRY MAKING** *Instructor: Spencer*

Come and experience the art of jewelry making. Enjoy a night of learning the basic techniques of jewelry making while making your own bracelet and earring set. This is a great way to save money by making jewelry for yourself or gifts for others. Material fee includes pliers, bead case, and the wire, beads and findings to create the bracelet and earrings. **Material fee of \$25 paid to the instructor on evening of class.**

**1005A** Wed 2/15 6:30-8:30pm \$30 LCMSS Room 105 1 Class

**1005B** Wed 3/14 6:30-8:30pm \$30 LCMSS Room 105 1 Class

**SCRAPBOOKING MADE EASY** *Instructor: Cutter*

Students will create a full scrapbook in just 4 weeks. Students will learn about the different sizes in scrapbooking, how to matte photos, capture memories, use different tools and electric items. For the first class students should bring photos they wish to use and an album (12x12, 8x8, or 4x6). At first class you will get a materiel list. Bring supplies to every class.

**1006** Wed 2/1 6:30-8:30pm \$50 SCSACE Rm 105 4 Classes



**CAREER**

**MEDICAL TERMINOLOGY** *Instructor: C.A.R. Training* (NO CLASS 4/4)

Course provides introduction to the terms used in various doctors' specialties. Understand vocabulary related to various systems of the human body, diseases, pharmacy and laboratory. Learn important abbreviations essential for those working in a hospital, nursing home, clinic or doctor's office or anyone trying to pursue a career in the medical field. Certificate awarded upon successful completion of class. **Book Fee: \$99 payable by check to C.A.R. at first class.**

**2000** Wed 2/1 6:30-9:30pm \$299 Pankow Rm 201 12 Classes

**PHARMACY TECHNICIAN** *Instructor: C.A.R. Training* (NO CLASS 4/3)

Develop the skills needed to assist pharmacists in providing medications. Learn how to stock a pharmacy, create, update and maintain records, and distribute medications and treatments accurately and efficiently. Sign up and take the first step towards a bright future as a valuable member of a professional health care team. Instructor is a Pharmacy Technician. Certificate awarded upon successful completion of class. **PREREQUISITE:** Must have successfully completed a Medical Terminology class. **Book Fee: \$99 payable by check to C.A.R. at first class.**

**2001** Tues 1/24 6:30-9:30pm \$349 Pankow Rm 201 12 Classes

**MEDICAL BILLING & CODING** *Instructor: C.A.R. Training* (NO CLASS 4/3)

This class will prepare you to handle health insurance claims and forms. Introduction to the national diagnosis & procedural coding systems including: ICD-9-CM, HCPCS, CPT4 and more. Learn reimbursement, HPCA billing, commercial insurance claims, legal considerations, BC&BS plans, HMO's, PPO's, Workmens Comp, Medicare and Medicaid. Certificate awarded upon successful completion of class. **PREREQUISITE:** Completed a Medical Terminology class, have computer and typing experience. **Book Fee: \$99 payable by check to C.A.R. at first class.**

**2002** Tues 1/24 6:30-9:30pm \$359 Pankow Rm 403 12 Classes

**DENTAL FRONT OFFICE PROCEDURES** *Instructor: C.A.R. Training*

Gain the knowledge you need to work in a dental front office. Study dental office administration and billing. Grasp how to implement important procedures needed from the time a patient walks into the office to final billing reconciliation of the patient's account.

Instructor presents information in a clear manner using real life examples and exercises. Certificate awarded. Prerequisite: Must be familiar with computers to work in the field.

*Book Fee:\$77 payable by check to C.A.R. at first class.* (NO CLASS 4/4)

**2003 Wed 2/1 6:30-9:15pm \$299 Pankow 403 11 Classes**

**QUICKBOOKS 2010-COMPUTERIZED ACCOUNTING** *Instructor: CAR Training*

Grasp basic accounting needs of a small/medium size business and learn how to computerize these business accounts. Understand accounts receivable, payable, chart of accounts, inventory, invoices, statements, and banking functions. Track customers, services, expenses and sales. Calculate finance charges, vendor's discounts. Produce financial reports. *Book Fee:\$39 payable by check to C.A.R. at first class.*

**Bring USB drive to class.**

**2004 Tues 1/24 6:30-9:30pm \$139 LCMSS Rm 115 5 classes**

**COMPUTER SKILLS NEEDED IN THE OFFICE** *Instructor: CAR Training*

If you want to work in an office this class is for you. Get prepared for a job as a receptionist, administrative assistant or secretary. Get the skills employers are looking for. Learn by doing. Class includes Microsoft 2010 Word, Excel and Power Point, document formatting, record management, tracking expenses and office procedures. Increase keyboard skills. Job hunting tips. Certificate awarded. Bring USB/Flashdrive to class. **PREREQUISITE:** must be experienced with computers. *3 book Fee:\$97 payable by check to C.A.R. at first class.* (NO CLASS 3/7, 4/4)

**2005 Wed 2/1 6:30-9:30pm \$245 Pankow Rm 400 10 classes**

**CAREER AS A VIRTUAL ASSISTANT** *Instructor: K. Johnson*

What is a Virtual Assistant? How do I become one? How can I translate my administrative skills to a virtual assistant? All these questions will be answered regarding one of the fastest growing job segments. This work can be done full or part time from your home.

**2006 Thurs 1/26 7:00-9:00pm \$25 SCSACE Rm 104 1 Night**

**USING FACEBOOK TO MARKET YOUR BUSINESS** *Instructor: K. Johnson*

Learn how to set up Facebook for your business. If you're not using social media for your business you are missing out on an inexpensive way to market your business. This is a hands on class.

**2007 Tues 1/31 7:00-9:00pm \$30 SCSACE Rm 104 1 Night**

**USING TWITTER TO MARKET YOUR BUSINESS** *Instructor: K. Johnson*

Learn how to set up a Twitter account for your business. If you're not using social media for your business you are missing out on an inexpensive way to market your business. This is a hands on class.

**2008 Thurs 2/2 7:00-9:00pm \$30 SCSACE Rm 105 1 Night**

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SPECIAL SKILLS AND TALENTS!**

Become an enrichment instructor with  
SCS Adult & Community Education.  
(586) 285-8880





## COMPUTERS



**All classes are held on Mondays and Wednesdays**

*Instructor for day classes M. Wilson, Instructor for evening classes BJ Decker*

### FREE BEGINNER COMPUTER CLASS

This class will give you an overview of just what programs are on the computer and learn the very basics of getting started. We will take away some of the confusion and make you more comfortable with the computer. You will feel confident to take more in-depth classes since you will have some experience with the mouse and know your way around the keyboard. **YOU MUST PRE REGISTER FOR THIS CLASS.**

**2009 Mon 1/23 1:15-3:45pm SCSACE Rm 104 1 Day**

### BASIC COMPUTER 1

This class will help you to become more comfortable with your computer and get acquainted with the features that are already on your computer. Interactive lessons will teach you how to control the mouse, create a letter, save a file and use print features. See how to email and how to go to the internet to explore some websites and perhaps play a game, use Paint and other basic programs.

**2010 1/25, 1/30, 2/1 1:15-3:45pm \$60 SCSACE Rm 104 3 Classes**

### POWERPOINT

With Microsoft PowerPoint, you can create exciting slide show presentations for work or personal use. A great tool to show pictures for reunions, parties or any gathering. Choose from a wide variety of layouts to organize the content on each slide. Learn how to create slides, make changes, choose colors, fonts, and special effects, and run a slide show. Animations and transitions will give your presentation a professional quality.

**2011 1/30, 2/1 6:00-8:30pm \$40 SCSACE Rm 104 2 classes**

### DIGITAL CAMERA

Come learn the ABC's of digital cameras. Understand how to use basic features such as auto, red eye reduction, portrait, landscape and other scene modes. Learn to edit, crop, and manipulate pictures in a basic photo editing program. Explore print processing websites and learn to upload (send), and share pictures on-line. Instructor and class will download (receive) free pictures from the internet and explore relevant websites.

**2012A 2/6 1:15-3:45pm \$22 SCSACE Rm 104 1 Class**

**2012B 2/6 6:00-8:30pm \$22 SCSACE Rm 104 1 Class**

### BASIC COMPUTER 2

Become thoroughly acquainted with your computer's operating system. Arrange desktop to apply screen savers and wallpaper pictures. Learn about the control panel features. Understand and use the taskbar and menu features under your start button. Learn more about email programs, address book, signatures, folders, attachments and setting up an email account. Work on the internet and learn security, how to mark favorites, do searches and avoid popups, save and print just a portion of the information you want.

**2013A 2/8,2/13,2/15 1:15-3:45pm \$60 SCSACE Room 104 3 Classes**

**2013B 2/8,2/13,2/15 6:00-8:30pm \$60 SCSACE Room 104 3 Classes**

### BASIC COMPUTER 3

Learn how to organize your files and folders by creating a system for locating pictures and files. Learn to save to your computer, cds and flash drives. You will copy, move and relocate files and folders. Also, learn how to search for misplaced files. Maintain your computer's speed and efficiency by learning to add/delete programs, delete temporary files & cookies and defragment & compress files. Get around the keyboard more efficiently and quickly, gain knowledge of all the keys and shortcut keys and learn how that will simplify your tasks. The class will also use an interactive typing tutorial to move more quickly on the keyboard.

**2014A 2/22,2/27,2/29 1:15-3:45pm \$60 SCSACE Room 104 3 Classes**

**2014B 2/22,2/27,2/29 6:00-8:30pm \$60 SCSACE Room 104 3 Classes**

## HOW TO MAINTAIN YOUR COMPUTER

Basic computer maintenance should be performed regularly to keep your computer running efficiently. This maintenance can be performed by almost anyone. Learn to delete temporary internet files, delete cookies, defragment the hard drive, use scandisk & disk cleanup, uninstall unwanted programs, and more. Easy to follow handouts will be given with step-by-step instructions.

2015A	3/5	1:15-3:45pm	\$22	SCSACE Rm 104	1 Class
2015B	3/5	6:00-8:30pm	\$22	SCSACE Rm 104	1 Class

## MICROSOFT WORD: Word Made Easy

Learn to create a variety of documents like letters, invitations, business cards, and flyers. You will be able to design unique lettering styles, use page layouts with watermarks, text position or wrapping. You can personalize by inserting clipart or pictures. Highlight with borders, bullets, and columns. Learn how to use the ruler, cut, paste, copy, save as, folders and more as time permits. Must have computer experience or basic computer classes.

2016A	3/12,3/14, 3/19	1:15-3:45pm	\$60	SCSACE Rm 104	3 Classes
2016B	3/12,3/14, 3/19	6:00-8:30pm	\$60	SCSACE Rm 104	3 Classes

## COMPUTER REPAIR BASICS *Instructor: M. Greve*

This class is designed to introduce the basics of troubleshooting and replacing computer hardware. This class is to make the average user more comfortable with taking apart the computer and replacing the failed hardware. This class will also introduce all the components inside of a PC such as the hard drive, cd-rom, memory and system boards. This class is good for a person that wants to learn how to upgrade a PC. It is encouraged for a student to bring in a PC that they would like to repair but not necessary to take the class.

2017	3/26, 3/28	6:00-8:30pm	\$40	SCSACE Rm 104	2 Classes
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## COOKING



## GOURMET CHOCOLATE CARAMEL APPLES/PEARS *Instructor: Janssen*

In this class you'll make a total of 5 different gourmet apples or pears, (or a combination of both) covered in sweet chewy caramel, and enrobed in multiple layers of different flavor chocolates with lots of yummy, crunchy toppings! These popular gourmet treats sell for \$10 - \$15 EACH. Great for party favors/dessert trays or as gifts. **Supply list given at registration.**

3000	Wed 2/15	7:00-9:30pm	\$30	Pankow Room 502	1 Night
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## GOURMET FRESH FRUIT BOUQUET *Instructor: Janssen*

Why pay top dollar for these popular centerpieces when you can make your own? In this hands-on class you'll create a beautiful, colorful bouquet overflowing with fresh pineapple hearts, luscious melon crescents, mouth watering strawberries, and juicy grape "spirals" all displayed in a lovely, reusable container. Once learned you'll be able to make any fruit bouquet you see, big or small. **Supply list given at registration.**

3001	Wed 2/22	7:00-9:30pm	\$30	Pankow Room 502	1 Night
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## GOURMET DOUBLE STUFFED CUPCAKES *Instructor: Janssen*

These very popular cupcakes sell for \$4-\$7 each in specialty stores! Transform 12 ordinary cupcakes into unbelievably delicious culinary creations double stuffed with sinfully sweet fillings, and sprinkled with LOTS of yummy toppings too. You'll even learn how to professionally decorate cupcakes! Great for desserts, party/event favors, and gifts. **Supply list given at registration.**

3002	Wed 2/29	7:00-9:30pm	\$30	Pankow Room 502	1 Night
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## DANCE

### **BEGINNER LINE DANCE** *Instructor: Kuzmik*

**(NO CLASS 2/21)**

Never danced or already know some of the basic line dance steps, but not quite ready for an intermediate class? This is the class for you. Enjoy a moderate paced class where you will learn basic steps along with fun new dances and some old favorites. Great exercise and loads of FUN. Shoes that slide preferred.

**4000 Tues 1/24 6:30-7:30pm \$40 LCMSC cafe 8 Classes**

### **BALLROOM DANCE** *Instructor: P. Carryer*

**(No class 2/20)**

Learn Fox Trot and Waltz. Impress your friends and yourself at the next wedding, special event or ballroom dance you attend. Start with the basic steps, technique, and styling to dance with confidence. No dance experience needed. Signing up with a partner is recommended but not necessary. Hard soled shoes required.

**4001 Mon 1/23 6:30-7:30pm \$49 Masonic Hgts 7 Classes**

### **SWING** *Instructor: P. Carryer*

**(No class 2/20)**

We welcome dancers of all ages; whether you're looking to stay physically active or just want to survive that next social event with your dignity intact, look no further. We're certain that once you get started you'll be hooked on the best music and dancing around, because ***it don't mean a thing if it ain't got that swing!*** Signing up with a partner is recommended but not necessary. Hard soled shoes required.

**4002 Mon 1/23 7:35-8:35pm \$49 Masonic Hgts 7 Classes**  
**Ballroom/Swing \$90 for 2 classes**

### **DANCING LIKE THE STARS** *Instructor: C. Noyes*

Dance your way to fitness while learning four dance routines: Jive, Cha-Cha, Samba, and the Paso Doble. Class will keep you moving non stop increasing your cardio strength & endurance. Have fun and gain confidence on the floor while building a stronger you. The cool down at the end of class will lower your heart rate & increase flexibility. This is a cardio aerobic class —Tennis shoes and comfortable clothing required. No partner is needed.

**4003 Thurs 1/26 8:00 - 8:40 pm \$52 Rodgers Cafe 7 Classes**

### **TAP DANCE - Beginner/Intermediate** *Instructor: C. Noyes*

Learn basic tap steps while coordinating these into a fun-filled routine. Students will gain knowledge in timing and rhythm which is a vital part of tap dancing. Great exercise to the latest music selections. Tap shoes and comfortable clothing are necessary.

**4004 Thurs 1/26 7:15-7:55pm \$52 Rodgers Cafe 7 Classes**

### **BELLY DANCING** *Instructor: L. Paquin-Leet*

Realize the femme fatale deep within you through the hypnotic art of belly dance! Challenge yourself to learn the serpentine belly dance movements, rhythms, combinations and choreography for physical exercise, poise, coordination, and personal growth. We will focus on proper stance and technique in implementing these moves. Props such as cane and veil may also be introduced.

**4005A Wed 1/25 7:00-8:00pm \$32 SCSACE Rm 110 4 Classes**  
**4005B Wed 2/29 7:00-8:00pm \$32 SCSACE Rm 110 4 Classes**



**FITNESS**



(Ages 15 & Up)

Parents must register those students under 18 years of age. Every effort is made to keep the pool open, but if for some unforeseen reason we have to cancel a class, we may not be able to reschedule a makeup class or reimburse for that missed day. Please check with your doctor before starting any exercise program.

**AQUA AEROBICS** *Instructor: N. Naughton* **(NO CLASS 2/18)**  
 No matter what age or shape you are in, water aerobics allows you to exercise every muscle and joint in the body all at the same time with less stress on those joints and muscles. If you have not exercised for a while, this is an easy way to get back and stay in an exercise program. You'll find kindred spirits in the class. Work at your own pace and comfort level.  
**5000 Sat 1/28 9:00-10:00am \$46 LSHS Pool 7 Classes**

**AQUA AEROBICS** *Instructor: D. Kirejczyk* **(NO CLASS 2/16,2/20)**  
 Use the latest water fitness techniques to stretch, strengthen and tone every muscle in the body to make you feel like a million bucks! We'll use fun music with lots of variety to relieve stress and tension. You don't even have to know how to swim. All fitness levels welcome. **Bring two ½ gallon empty milk bottles with caps & 2 "foam noodles"**.  
**5001A Mon 1/23 7:15-8:15pm \$46 LVHS Pool 7 Classes**  
**5001B Thurs 1/26 7:15-8:15pm \$46 LVHS Pool 7 Classes**  
**PRICE BREAK FOR BOTH DAYS JUST \$80**

**GENTLE YOGA** *Instructor: J. Charette*  
 Yoga is for EveryBody no matter your age or size. This is an adaptable class for the person that is less flexible, a beginner, older or full figured. You will be able to work at your own pace and ability that suits your body type. Restore flexibility through gentle stretches and breathing techniques. *Bring a yoga mat, hand towel and blanket. Optional items are yoga strap and block.*  
**5002A Tues 1/24 10:00-11:00am \$42 SCSACE Rm 110 6 Classes**  
**5002B Wed 1/25 7:30-8:30pm \$42 Violet Cafe 6 Classes**

**HATHA YOGA** *Instructor: D. Clarke*  
 Class primarily focuses on breath work, balance poses, "sun salutations", and other flowing series. This class is open to all levels. However some knowledge and experience with basic poses is helpful. *Bring a mat and any props you normally use.*  
**5003 Tues & Thurs 1/24 7:30-8:30pm \$65 Born Gym 16 Classes**

**MORNING YOGA** *Instructor: M. Prezzato* **(NO CLASS 2/20)**  
 Start your week with a sun salutation! Morning Yoga class will energize you for the rest of the day with slow stretching and balance. Get your day off to a great start and join us.  
**5004 Mon 1/23 9:00-10:00am \$48 SCSACE Room 110 8 Classes**

**BEGINNING PILATES** *Instructor: V. Cook* **(NO CLASS 2/20)**  
 Pilates can dramatically transform the way your body looks, feels and performs. Through controlled movements concentrating on abdominal muscles you can build strength without bulk, creating a sleek, toned body. Emphasis is on proper breathing, body alignment and working at your own comfort level. No matter what your age or condition, Pilates will work for you. *Bring an exercise or yoga mat.*  
**5005 Mon & Wed 1/23 6:30-7:30pm \$70 Born 16 Classes**

**Residents & Non-Residents Welcome**

**ADVANCED PILATES** *Instructor: V. Cook*

Advance your workout with an Intermediate Pilates class. Working your entire body through controlled movements concentrating on abdominal muscles you can build strength without bulk. Creating a sleek toned body. Emphasis is on proper breathing, body alignment and working at your own comfort level. Recommended for students with prior pilates or yoga experience, however no matter what your age or condition, pilates will work for you.

*Bring an exercise or yoga mat.*

**5006**    **Tues & Thur**    **1/24**                    **6:30-7:30pm**    **\$70**    **Born**                    **16 Classes**

**20/20/20** *Instructor: Team Fit, Inc.*

Maximize your metabolism while improving your health. Lose those stubborn extra pounds with this whole body workout based on 20 minutes of cardio; 20 minutes of body sculpting using free weights and an incredible 20 minutes of core/abdominal/stretching segment. A fun way to lose weight and inches while increasing stamina and metabolism Great for all fitness levels and both genders. *Bring hand held weights and exercise mat to class.*

**5007**    **Tues & Thurs**    **1/24**                    **6:30-7:30pm**    **\$61**    **Masonic Hgts**    **12 Classes**

**GUTS & GLUTES** *Instructor: Team Fit, Inc.*

This class is packed with effective exercises for the abs, back, glutes and legs to tone and strengthen the mid section and lower body. Begin with a warm-up, alternately work targeted muscles (including intense abdominal conditioning), and finish with a refreshing stretch. Develop core strength and stability in this fun, but challenging class.

*Bring an exercise mat and bottle of water to class.*

**5008A**    **Tues**            **1/24**                    **7:30-8:00pm**    **\$25**    **Masonic Hgts**    **6 Classes**  
**5008B**    **Thurs**            **1/26**                    **7:30-8:00pm**    **\$25**    **Masonic Hgts**    **6 Classes**

**PRICE BREAK FOR BOTH DAYS JUST \$42**

**HIP HOP FITNESS** *Instructor: Team Fit, Inc.*

Discover the funky street style of Hip Hop while getting a great workout! This class is a blend of cardio vascular exercise with high energy Hip Hop dance moves that are fun and easy to learn! Instructor teaches dance and aerobic moves. This co-ed class is designed for beginners. Promote your style, proper movement, musicality and fun. Wear comfortable athletic clothing/shoes. *Bring water bottle.*

**5009**    **Tues**            **1/24**                    **7:00-8:00pm**    **\$40**    **Rodgers**                    **6 Classes**

**TNT (TONE & TRIM)** *Instructor: Team Fit, Inc.*

Blast away those holiday pounds and inches with Tone & Trim! This total body workout will define and sculpt your arms, legs, glutes and abs. Burn fat and increase your energy level using weights and resistance. Every class will be a different workout. All classes ends with a relaxing stretch to relieve stress and make you feel fantastic. *Bring hand held weights and exercise mat to class..*

**5010**    **Wed**            **1/25**                    **7:15-8:15pm**    **\$45**    **Rodgers**                    **6 Classes**

**TAI CHI BEGINNING** *Instructor: Marchewitz*

**(NO CLASS 2/20)**

Wu's style of Tai Chi is being offered. Beginning class introduces 108 postures hand forms. Regular Tai Chi practice relieves stress and improves health and flexibility. **Location:** Yacks Elem. 34700 Union Lake Rd, Harrison Twp, 48045 (off Cottrell btwn Harper & Jefferson)

**5011A**    **Mon**            **1/23**                    **6:00-7:30pm**    **\$69**                            **8 Classes**  
**5011B**    **Wed**            **1/25**                    **6:00-7:30pm**    **\$69**                            **8 Classes**

**TAKE BOTH DAYS AND PAY \$115**

**TAI CHI INTERMEDIATE** *Instructor: Marchewitz*

**(NO CLASS 2/20)**

This is the intermediate class for former students of Mr. Marchewitz. **Location:** Yacks Elem., 34700 Union Lake Rd, Harrison Twp, 48045 (off Cottrell btwn Harper & Jefferson)

**5012A**    **Mon**            **1/23**                    **7:30-9:00pm**    **\$69**                            **8 Classes**  
**5012B**    **Wed**            **1/25**                    **7:30-9:00pm**    **\$69**                            **8 Classes**

**TAKE BOTH DAYS AND PAY \$115**

**ZUMBA** *Instructor: Team Fit, Inc.***(NO CLASS 2/18)**

Zumba is a fusion of Latin and International music plus dance themes that create a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba uses resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Great for all ages and fitness levels.

**5013A Wed. 1/25 6:15-7:15pm \$40 Rodgers gym 6 Classes**  
**5013B Sat. 2/4 9:00-10:00am \$40 Rodgers gym 6 Classes**

**ZUMBA GOLD** *Instructor: Team Fit, Inc.***(NO CLASS 2/20)**

Beginner class is geared for active older adults and for individuals just beginning the Zumba program. Zumba is a fusion of Latin and International music and dance themes that create a dynamic, exciting, effective fitness system! Be ready for a low impact aerobic workout, great music, and loads of fun! All ages are welcome.

**5014A Mon. 1/23 9:30-10:30am \$40 Born gym 6 Classes**  
**5014B Thur 1/26 7:00-8:00pm \$40 Rodgers 6 Classes**

**GOLF LESSONS** *Ages 15 & up Instructor: A. Macko, PGA Professional*

Learn the fundamentals of grip, stance, swing, club knowledge, chipping, and putting before the snow melts. Bring your five-iron the first week. Instructor will tell students at the end of each lesson what club to bring the following week. Golf clubs provided if student doesn't have clubs. Wear golf or tennis shoes. Lessons are held in a heated outside enclosure with heated tees. Dress in layers! **A medium bucket of balls must be purchased for \$7.50.** Jawors Golf 32900 Gratiot, Roseville, 48066

**5015 Tues 1/ 24 5:00-6:00pm \$60 Jawor's 5 Classes**

**HEALTHY LIVING**

**REFLEXOLOGY** *Instructor: T. Gardiner*

Reflexology is a stress reducer and health enhancer. Working with foot reflexes (mini-maps of the body) is a natural approach to helping normalize the body through relaxation and stimulation of the circulation. Learn to manipulate the reflex points in the feet and hands to aid in relaxation and thus help relieve many health problems in a natural way. Help yourself, your family, and your friends learn to deal with the stress and tension of life naturally.

**5016 Thurs 2/9 7:00-9:30pm \$15pp/\$25 couple SCSACE Rm 105 1 Night**

**MEDITATION FOR STRESS RELIEF, BETTER HEALTH & HIGHER****AWARENESS** *Instructor: L. Dekun*

Doctors, psychologists, and Saints all recommend the healing power of meditation. Learn simple, effective ways to calm and clear your mind, recharge yourself with fresh energy and ideas as your body gains a deep restfulness. It has been clinically proven to be the single most effective thing a person can do to relieve high blood pressure, reduce the body's destructive stress responses and get to the root causes of your stress. These same techniques are taught at NASA. Lorne Dekun has been a practicing meditator for over 30 years.

**5017 Tues 3/13, 3/20 6:30-8:30pm \$50 SCSACE Rm 105 2 Classes**

**HERBAL MEDICINE** *Instructor: A. Goodall RN, BSN - Natural Health Nurse*

Herbs have been used for thousands of years by various cultures all over the world. They are a gift to us by nature and have been used to help heal the body. This class will focus on the practical use of herbs in your home with your children and family. Using whole foods and herbs to treat the cause of disease was and is one of the safest and most effective ways to help the body heal! We will also be demonstrating the Zyto Compass Nutritional Assessment. This is an amazing and innovative new technology. This bio-survey detects your specific nutritional imbalances or needs and is included in the cost of the class.

**5018 Tues,Thurs 1/24, 1/26 7:00-9:00PM \$30 SCSACE Rm 106 2 Classes**



### ORGAN LESSONS *Instructor: Evola Music*

Join the "Play for Fun" group and learn to play and read keyboard, piano or organ music in a fun group setting. *Book fee \$15 payable to instructor at first class.*

<b>9000A BEGIN</b>	Wed	1/18	1:00-2:00pm	\$30	SCSACE Rm 105	10 Classes
<b>9000B INTER</b>	Wed	1/18	2:00-3:00pm	\$30	SCSACE Rm 105	10 Classes
<b>9000C ADVAN</b>	Wed	1/18	3:00-4:00pm	\$30	SCSACE Rm 105	10 Classes

### JUST ONCE PIANO *Instructor: M. Doiron*

Do you want to learn pop piano? You don't necessarily need years of weekly lessons to learn piano, you can learn enough in this workshop to play almost any song on piano with two hands. Then go on to perfect your technique at home using a home study CD.

*Workbook & CD fee \$29 payable to instructor at class.*

<b>9001</b>	Tues	3/6	6:00-9:30pm	\$30	LCMSS cafe	1 Night
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### GUITAR 1 (Ages 13 & up) *Instructor: D. Jaros*

Learning how to play guitar is a challenge. In this class you will cover string recognition and reading music notation. We will practice some single string exercises, 2 and 3 string songs and learn up and down pick techniques and 2 and 3 string chords.

*Bring Mel Bay's Guitar Method: Grade 1 book to first class*

<b>9002</b>	Thurs	1/26	6:00-6:45pm	\$46	SCSACE Room 105	8 Classes
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### GUITAR 2 (Ages 13 & up) *Instructor: D. Jaros*

In Guitar 2 you will build on the skills learned in Guitar 1. Learn 2 - 4 string songs along with 3 or more string chords. You will also continue with pick techniques.

**Must complete Level I before enrolling in II.**

<b>9003</b>	Thurs	1/26	7:00-7:45pm	\$46	SCSACE Room 105	8 Classes
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### BEGINNING BANJO *Instructor: J. Allison*

This class takes the student from picking up the banjo to beginning to play basic accompaniment and backup. The student learns basic construction, basic chord patterns, and some backup techniques such as strumming, vamping, and basic roll patterns. The student should be capable of participating in local jams involving other acoustic instruments following completion of this course. *Book fee \$15 payable to instructor*

<b>9004</b>	Tues	1/24	7:00-8:00pm	\$56	SCSACE Room 111	8 Classes
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### PETS

#### DOG OBEDIENCE-PUPPY *Instructor: G Block & P Sabatini* (NO CLASS 2/28)

This class is for puppies 10 weeks to 7 months old. AKC S.T.A.R. puppy is an exciting new program designed to get new puppy owners off to a good start. Behavior issues and crate training will also be discussed. REQUIREMENTS: Bring proof of 2 Distemper and 2 Parvo shots. Do NOT bring puppy to first class. Class held at Wilson Gym, 58 S. Wilson, Mt Clemens, 48043 (corner of Church and Wilson).

<b>8000</b>	Tues	1/24	6:15-7:00pm	\$99	WILSON Gym	7 Classes
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#### DOG OBEDIENCE-Beginner *Instructor: G Block & P Sabatini* (NO CLASS 2/28)

This class is for dogs 8 months and older. Owners will be instructed how to properly train their dogs the basic obedience commands needed for good canine "household manners". REQUIREMENTS: Bring proof of Rabies, distemper and parvo shots to first class. Do NOT bring dog to first class. Class held at Wilson Gym, 58 S. Wilson, Mt Clemens, 48043 (corner of Church and Wilson).

<b>8001</b>	Tues	1/24	7:00-7:45pm	\$99	WILSON Gym	7 Classes
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**DOG OBEDIENCE-Intermediate** *Instructor: G Block & P Sabatini* (NO CLASS 2/28)  
 Continue to build and advance basic obedience skills with your canine partner. Class will focus on exercises needed for “CGC” certification if your goal is therapy dog work. Requirement: Completion of beginner or puppy program & proof of shots. Bring dog to first class. Class at Wilson gym, 58 S. Wilson, Mt Clemens, 48043 (corner of Church and Wilson).  
**8002 Tues 1/24 7:45-8:30pm \$99 WILSON Gym 7 Classes**

**DOG OBEDIENCE-Advanced** *Instructor: G Block & P Sabatini* (NO CLASS 2/28)  
 Class concentrates on competitive level of training. All novice exercises covered. Open level exercises will be introduced as teams progress. Requirement: Completion of Intermediate-CGC class & proof of shots. Bring dog to first class Class held at Wilson Gym, 58 S. Wilson, Mt Clemens, 48043 (corner of Church and Wilson).  
**8003 Tues 1/24 8:30-9:15pm \$90 WILSON Gym 7 Classes**



**SELF ENHANCEMENT**

**FINANCIAL**

**HOW TO GET THE MOST OUT OF YOUR PENSION**

Want to retire with more cash in your pocket? Learn about an amazing pension strategy that can let you get thousands more in pension income, safely and with more tax protection.  
**6000A Tues 1/24 7:00-8:30pm \$10 SCSACE Rm 110 1 Night**  
**6000B Thur 2/23 7:00-8:30pm \$10 SCSACE Rm 105 1 Night**

**STARTING YOUR OWN BUSINESS** *Instructor: Stillwell*

There is a lot that goes into starting a business. We will discuss how to start your own business, explore the various types of business entities and the pros and cons for each. Other topics are establishing a marketing plan, developing a customer base, obtaining financing, using tax deductions, and how to gain referrals. We cover various types of insurance (life, health, disability, liability) and their impact on and importance to your business.  
**6001 Thur 1/26 7:00-9:00pm \$10 LCMSS Rm 114 1 Class**

**FINANCIAL PLANNING BASICS** *Instructor: S. Passeno*

Explore how to construct realistic and effective household budget and emergency fund. Discover how to use credit fundamentals to your advantage. Learn basic investment and estate planning concepts that will enable your family to expand their horizons by proper planning. Leave with a clear understanding of how to assess risk tolerance and how to use pre-tax, after tax, and tax deferred investments when planning your future. All participants may bring a guest.  
**6002 Mon 1/30 6:00-8:00pm \$10 SCSACE Rm 105 1 Class**

**RETIREMENT PLANNING BASICS** *Instructor: S. Passeno*

Explore practical methods to help grow your retirement nest egg. Discover how to put together a retirement road map learning how to use tax-advantaged savings vehicles like IRAs and 401Ks. We'll crunch numbers to estimate your retirement expenses and needed income. Lastly, attendees will leave class with a clear understanding of the factors that influence and impact retirement planning. All participants may bring a guest.  
**6003 Mon 2/13 6:00-8:00pm \$10 SCSACE Rm 105 1 Class**

**COLLEGE PLANNING BASICS** *Instructor: S. Passeno*

In this informative seminar, we will discuss how much college will cost and how to prepare to make an investment in your child's future. Explore tax-advantage ways to save for college including 529 plans, Coverdale education saving accounts, custodial accounts and U.S. savings bonds. Discover how to take advantage of financial aid tools to fill the funding gap. Lastly, gain a clear understanding of how need is determined and how assets are classified for federal aid purposes. All participants may bring a guest.  
**6004 Thur 3/8 6:00-8:00pm \$10 SCSACE Rm 105 1 Class**

**MAKING MONEY WITH YOUR VOICE** *Instructor: Voice Coaches*

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer.

**6005 Mon 3/12 6:30-9:00pm \$25 SCSACE Rm 105 1 Class**

**LANGUAGE****SPANISH FOR BEGINNERS** *Instructor: J. Ibanes*

Class is structured to familiarize you with the Hispanic culture and help you to learn the basics of the Spanish language. Emphasis will be given to conversation, pronunciation, learning every day language and expressions.

**6006 Thurs 1/26 6:00-8:00pm \$60 SCSACE Rm 108 6 Classes**

**ARABIC FOR BEGINNERS** *Instructor: A. Kaminski*

Have fun learning the basics of the Arabic language and Middle Eastern culture. Emphasis will be placed on writing the letters of the alphabet and pronouncing their sounds as well as basic everyday conversation. **\$15.00 book fee payable to the instructor the first night.**

**6007 Tues 1/24 6:30-8:00pm \$70 SCSACE Rm 108 8 Classes**

**SPECIAL INTEREST****HOSPICE ED, VOLUNTEER TRAINING, GRIEF & LOSS & SUPPORT**

*Instructors: M. Parmentier & S. Gerro*

Learn about hospice care and how it can benefit people during their end of life journey. This class also prepares you to be a certified **Heartland Hospice volunteer**, which enables you to provide companionship and support to families and patients.

**6008 Tues 1/24 6:00-8:30pm \$10 SCSACE Rm 110 4 Classes**

**KNOW THE TRUTH-READING BODY LANGUAGE** *Instructor: L. Klaassen*

Nonverbal communication accounts for up to 90% of the meaning of a message. In this informative workshop, learn to read movements, gestures, eye contact and facial expressions. This is no ordinary program! Body language communicates more about what someone means than what his words do. You will walk out feeling like you've been given new eyes and ears. You will be aware of hundreds of communications you have previously overlooked.

**6009 Tues 1/31 6:30-9:00pm \$30 LCMSS Rm 107 1 Class**

**BUYING AND SELLING ON EBAY FOR BEGINNERS** *Instructor: Jansen*

Wonder how people buy and sell items on eBay? You'll be amazed at how easy it is! Learn how to navigate eBay's website, set up free accounts, create listings, and bookmark/bid/buy items for sale. We'll cover problem resolution. Learn about "eBay stores", what things sell well, cost saving shipping methods, how to safely send and receive payments, and much more! Bring paper and pen for notes.

**6010 Thur 2/23 6:30-9:30pm \$35 LCMSS Rm 115 1 Class**

**COIN COLLECTING FOR FUN & PROFIT** *Instructor: B. Ewald*

It is time to discover the world of collecting. Learn more about the hobby of coin collecting and coin investing. Find out what your coins are worth, how to determine value, different ways to form a collection and more. If you have coins that you would like to have evaluated, please bring them with you.

**6011 Tues 2/28 7:00-9:00pm \$20 SCSACE Room 105 1 Night**

**SAFETY****SELF-DEFENSE FOR WOMEN** *Instructor: Live Safe Academy*

A Must Take Class for every female. Learn valuable, life saving skills designed to increase your safety after only one class! Our hands-on course teaches time tested, relevant and realistic skills that are easy to learn and retain under stress.

**6012 Tues 2/7 6:00-8:00pm \$25 SCSACE Rm 110 1 Class**

**ADULT CPR W/AED AND INFANT/CHILD CPR** *Instructor: Live Safe Academy*

Learn the American Red Cross program to respond to adult cardiac and choking emergencies. Learn the proper use of an Automated External Defibrillation, as well as your role in the chain of survival. You will have your own mannequin to practice and demonstrate each skill necessary for prolonging the victims life. Students will receive First Aid/CPR/AED Booklet and State of Michigan Good Samaritan Law regarding the use of an AED unit and CPR. Certification cards will be issued upon successful completion of course. **PLEASE NOTE: You must arrive on time both nights to be certified.** *Material fee of \$10 payable to Live Safe Academy at first class.*

6013 Wed 3/7 & 3/14 6:00-9:00pm \$45 SCSACE Rm 105 2 Classes

## TRIPS & TOURS

**ALL TRIPS DEPART FROM/RETURN To:**

**St. Margaret Church, 21201 13 Mile Road**

**between Harper and Little Mack**

**Plan to arrive 15 minutes prior to departure time.**



**DON'T MISS THE TRIP PREVIEW**

**Thursday January 19, 1:00PM!**

**Prizes and Refreshments**

SCS ADULT ED BLDG.

23055 MASONIC

**00118 DETROIT INSTITUTE of ART features “Rembrandt and the Face of Jesus” plus Detroit Revealed: Photographs 2000-2010**

**Wed. January 18 Depart: 10:30 am Return: 4:30 pm Cost: \$39**

Rembrandt van Rijn is universally known as one of the greatest painters of the 17th century Dutch Golden Age. This exhibition will feature eight paintings created by Rembrandt and his students that feature the presumed visage of Jesus. Also included are more than 50 related paintings, prints and drawings that will examine the religious, historic and artistic significance of the core eight paintings. Also on display in another gallery, Contemporary artists present more than 50 photographs and videos inspired by Detroit, its people, diverse culture, and industries during the past decade. **Includes:** Motor coach, museum admission, highlights of museum tour, ticket to special exhibit, free hand-held audio device to guide us through exhibit, and a cultural day to enjoy. Lunch on your own at the DIA Café.

**00208 Purple Rose Theatre presents....A Stone Carver**

**Wed. February 8 Depart: 10:30am Return: 4:30pm Cost: \$75**

Old world beliefs collide with new world principles when Agostino, a retired stone mason, is evicted from his home to make space for a highway. When he barricades himself in his house, his son Raff must convince him to leave the house and all the memories that come with it. A funny and touching tribute to fathers and sons. **INCLUDES:** Motor coach, lunch at Common Grill, performance.

**00210 Ravishing Rachmaninoff at the DSO**

**Fri. February 10 Depart: 9:30 am Return: 1:30 pm Cost: \$47**

Conducting today's performance is the internationally acclaimed American conductor Leonard Slatkin. Guest violinist, Julian Rachlin, one of the most charismatic and exciting violinists of his generation. He continually brings audiences to their feet in top concert halls throughout the world. This morning's concert features Cindy McTee Einstein's Dream, Shostakovich, Violin Concerta No. 1 and Rachmaninoff...Symphonic Dances. **INCLUDES:** Motor coach, concert with seating in mid-balcony, coffee & donuts.

**00216 Toledo Glass Tour****Thurs., February 16 Depart: 9:30 am Return: 6:00 pm Cost: \$60**

Toledo is known as the Glass City because of its long history of innovation in all aspects of the glass industry. These pieces are all on display at the Toledo Museum of Art Glass Pavilion. The pavilion is, in itself, a work-of-art. All exterior and nearly all interior walls consist of large panels of curved glass, resulting in a transparent structure that blurs the boundaries between interior and exterior spaces. **INCLUDES:** Motor coach, lunch at the original Tony Packo's Café, self tour of the Toledo Glass Pavilion at the Museum of Art, a glass blowing demonstration, shopping at the Libbey Glass Factory Outlet. Blue Drive Tours. Detailed flyer available.

**00229 Soaring Eagle Resort Casino****Wed., February 29 Depart: 9:30 am Return: 8:30 pm Cost: \$38**

With over 4,400 slots, 70 tables and Bingo, your favorite game is always waiting. So join us and try your luck at winning \$\$\$ and having fun. **INCLUDES:** Motor coach, 4 hours of gaming with a casino package of \$20 on your Player's Card, a \$5.00 food voucher. Detailed flyer available.

**00305 Historic Houses of Worship****Mon., March 5 Depart: 9:30 am Return: 4:30 pm Cost: \$65**

Since 1972, these Worship Tours have acquainted metro Detroiters with the contributions religious institutions have made in the development of our community. Join us as we tour four religious communities in Dearborn with a step-on-guide who will explain history, culture, and practices of each. The tentative tour sites include St. Alphonsus, Christ Episcopal, the Islamic Center of America, and Sacred Heart. A conservative dress code (long sleeves and pants) for all and headscarves for women are requested when we enter the Islamic Center of America. You will not want to miss out on this tour. **It will be necessary for you to register by February 18 so that each church can plan accordingly.** **INCLUDES:** Motor coach, step-on-guide, admission & tours, lunch at one of the churches.

**00313 Chicago Flower & Garden Show at Navy Pier...Medieval Times Dinner****Tues.-Wed., March 13-14 Depart: 7:00 am. Return: 9:30 pm****Cost: \$300 single \$235 double \$210 quad**

The gardens will be exquisite, visually exciting and inspirational and quite simply make visitors say "Wow!" The Flower & Garden Show has been created and designed by acclaimed landscapers and horticultural professionals. You'll be stimulated with a wide variety of gardens and landscape styles from exotic flowers and plants to common foliage, paving stones, decks, ponds and more. Then, be witness to an epic battle of steel and steed. From ringside seats, discover a feast of the eyes and appetite with a four-course meal fit for royalty as you experience all the splendor and romance of 11<sup>th</sup> Century Spain. **INCLUDES:** Motor coach, overnight lodging at the Marriott Schaumburg, breakfast included, dinner feast, and show at Medieval times, admission to Flower & Garden Show, free time to shop on the Magnificent Mile. Blue Drive Tours. Detailed flyer available.

**00322 Living Stations of the Cross at the Cathedral of the Most Blessed****Sacrament Thurs, March 22 Depart: 9:30am Return: 2:00pm Cost: \$57**

Experience the Passion as never before in this musical drama as we walk with Jesus on the Way of the Cross, witness the Last Supper and share in His Agony in the Garden. Immerse yourself in the sights and sounds of His trial and crucifixion in this original musical production at the beautiful historical Cathedral of the Most Blessed Sacrament. **INDLUDES:** Motor coach, Passion performance, lunch in Hamtramck with time to store up on Easter sweets at New Palace Bakery.

**00328 New Comedy... "Spreading it Around" at Meadow Brook Theatre****Wed., March 28 Depart: 10:30 a.m. Return: 5:30 p.m. Cost: \$62**

This is a Michigan premiere comedy about the members of a gated retirement community in Florida. When the residents decide to "share the wealth" with local members of the needy community, their children show up to put a stop to the "needless" spending of their inheritance. **Please make luncheon selection at time of registration: Gaelic Chicken Sandwich (bacon, Jack cheese & BBQ sauce), Shillelagh Club (corn beef, roasted turkey, Swiss cheese), Retro Burger. include fries and slaw, or Parmesan Baked Cod.**

**INCLUDES:** Motor coach, lunch at O'Malley's, performance.

**00403 American Girl Place – Chicago**

**Tuesday, April 3 & 4, Cost \$499 Depart 8:00am Return 9:30pm**

Plan a special day and explore American Girl Place...a wonderful world designed just for girls! It is located just three blocks from the InterContinental Chicago at Water Tower Place. Experience fun and fancy dining in the American Girl Cafe, where even her doll gets to dine. **Trip includes:** motor coach, dinner at American Girl Store, overnight stay at InterContinental Chicago Magnificent Mile with a personalized welcome letter for your girl, free in room movie with popcorn amenity, turn down service with bed time treat, American Girl doll-sized travel bed (1 bed per room reservation add'l bed @ \$20 per bed), breakfast for two with trivia quiz and prize, entry into quarterly American Girl Place doll drawing. Shopping and additional meals on your own.

**00413 “The Pearl Fishers” at the Detroit Opera House**

**Fri., April 13 Depart: 9:45 a.m. Return: 2:30 p.m. Cost: \$48**

Driven apart by their love for the same woman, King Aurga and Nadir the pearl fisher are reunited on the shores of ancient Ceylon. In honor of their renewed friendship, the two men vow to never again let a woman come between them. That vow is put to the test when Fate intervenes in the form of the mysterious high priestess, Leila. **INCLUDES:** Motor coach great seats, and dress rehearsal pricing for a day of beautiful music and song. You may want to bring an intermission snack.

**00418 Purple Rose Theatre presents...White Buffalo**

**Wed., April 18 Depart: 9:45 a.m. Return: 6:30 p.m. Cost: \$75**

The birth of a white buffalo calf on a small farm in southern Wisconsin heralds a Sioux prophesy of peace on earth and unity to all mankind. The farm quickly becomes a hotbed of spiritual outpouring beyond the scope of the Gelling family’s small town life. When a mysterious businessman offers to buy the calf, Carol must decide whether the calf signals the end of her hardships or the beginning of her enrichment. **INCLUDES:** Motor coach, lunch in Plymouth at E.G. Nicks, performance, time to shop.

**UPCOMING TRIPS:**

5/2 Meadowbrook “From My Hometown”

6/12 Shipshewana

6/27 Purple Rose “On Golden Pond”

7/7 Canadian Rockies & Glacier National Park \$3249 Double 8 days, 9 meals, Calgary Stampede, Waterton Lakes National Park, Head Smashed In Buffalo Jump, Galcier National Park, Columbia Icefields, Banff, Jasper. See flyer for deatils. Colette Vacation

8/5 Western National Parks \$2999 Double 10 nights, 16 meals, Arches, Canyonlands, Salt Lake City, Jackson Hole, Grand Tetons, Yellowstone, Crazy Horse Memorial, Mt. Rushmore.

8/14 Saugatuck

9/17 Reflections of Italy \$3899 Double. 10 days, 14 meals, Rome, Assisi, Perugia, Sienna, Florence, Venice, Como, and Milan also Lugano, Switerland. Pick up flyer for details. Collette Vacation



**Don’t miss the trip preview Thursday January 19  
Prizes and refreshments**

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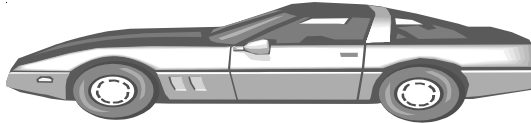
**If Lake Shore School District closes due to bad weather  
trips will go as scheduled unless you are notified.**

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DO NOT PAY MORE AND GET LESS FROM ANOTHER COMPANY!

## Premier Driving Academy

Segment I Classes start the first Monday of each month (\$10 discount with ad)  
Segment II Classes start the fourth Monday of each month (\$5 discount with ad)  
**Classes will be held every month, all year round!**



**(586)741-3748**

Check us out at: [Premierdriving.com](http://Premierdriving.com)

Auto and Motorcycle Road Tests given 7 days a week  
Two blocks North of 14 & Harper at Born Center on Elmira  
or Crocker & Harper at St. Louis Catholic Church  
Road tests \$40 (with ad)

*We are the only company with a State Certified Driving Range!*

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### *Visit The Updated Community Resource Guide*

The Community Resource Guide provides contact information and websites on many topics including:  
Children's Health and Child Care  
Recreation Ideas for the Family  
Educational Resources  
Support Group information  
Senior Citizen information  
Housing & Weatherization Assistance  
and *Much More!!!!!!*

To visit the Community Resource Guide,  
Go to [www.lakeshoreschools.org](http://www.lakeshoreschools.org)  
and click on the "Community Resource Guide"



# North Lake High School

23340 Elmira, St. Clair Shores, MI 48082



*The North Lake High School Alternative Education Program is designed to assist students in recovering school credit due to difficulties in the traditional high school setting.*

## Our School Features:

**Smaller class sizes**  
**The Potential to Earn 9.0 Credits per year**  
**E-2020 Computer Learning Courses**  
**Sports, Leadership & Extra Curricular Activities Available**  
**Scholarship Opportunities**  
**Monday through Thursday Schedule**  
**Additional Learning Opportunitites on Friday**

Our courses are designed to generate positive interaction and outcomes in the classroom, helping you improve your skills and achieve goals for school, career and your personal life.

Students must be at least 16 years old  
and under 20 years old on Sept. 1st.

**For an application or  
to set up an appointment call**

**(586) 285-8780**

**Or Visit Our Website**  
**[www.lakeshoreschools.org](http://www.lakeshoreschools.org)**  
**Scroll down and Click**  
**North Lake Alternative H.S.**

# GET READY FOR THE GED TEST!

## GED PREPARATION

Adult Ed Center - 23055 Masonic Blvd.

- Free EVENING classes
- Minimal registration fee
- 12-week evening program
- 2 evenings per week from 6:00-9:00pm
- Review all five (5) GED sections

We also offer an Adult Basic Education program.

## TESTING

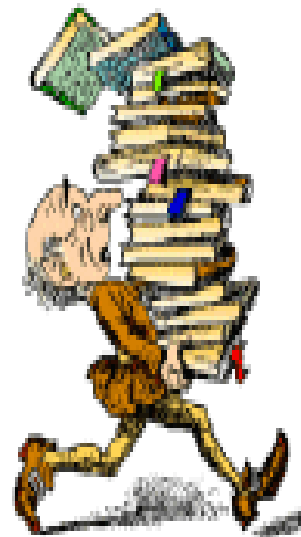
Born Center - 23340 Elmira

- Monthly testing
- 2-day test (9:30am-2:00pm)
- \$230 registration & testing fee
- Vouchers accepted

**For Details and Information Call:  
(586) 285-8780 or (586) 285-8768**

## 2012 GED TESTING SCHEDULE

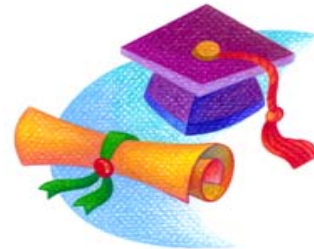
Jan. 25 & 26  
Feb. 15 & 16  
Mar. 14 & 15  
Apr. 18 & 19



## HIGH SCHOOL COMPLETION or CREDIT RECOVERY

Recover or Earn Credit Toward  
a High School Diploma

- .. Evening Program
- .. Grades 9-12 & Adults
- .. Education2020 (on-line) Courses
- .. 1/2 Credit Earned per Course



For More Information - Call  
(586)285-8780

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*LEARN THE ENGLISH  
LANGUAGE!*



FREE ESL CLASSES!

Grammar

Conversation

Life Skills

Citizenship

Civics

Minimal registration fee!

Day & Evening Classes!

Free daytime child care!

**For Information Call  
(586) 285-8780**

## BUILDING LOCATIONS

### SCS Adult & Community Ed.

<b>SCSACE</b>	SCS Adult Ed. Center 23055 Masonic SCS, MI 48082 (btwn Harper & Jefferson)
<b>BORN</b>	Born Center/North Lake 23340 Elmira SCS, MI 48082 (2 blocks N of 14 Mile btwn Harper & Jefferson)

### Lake Shore School District

<b>LSHS</b>	Lake Shore HS 22980 13 Mile Road SCS, MI 48082 (btwn Harper & Jefferson)
<b>KMS</b>	Kennedy Middle School 23101 Masonic SCS, MI 48082 (btwn Harper & Jefferson)
<b>MH</b>	Masonic Heights 22100 Masonic SCS, MI 48082 (btwn Harper & Little Mack)
<b>RODGERS</b>	Rodgers Elementary 21601 L'Anse SCS, MI 48081 (Corner of Harper btwn Martin & 12 Mile)
<b>VIOLET</b>	Violet Elementary 22020 Violet SCS, MI 48082 (E of Harper, S of 13 Mile)

### Lakeview School District

<b>LVHS</b>	Lakeview High School 21100 11 Mile Road SCS, MI 48081 (btwn Harper & Little Mack)
<b>ARDMORE</b>	Ardmore Elementary 27001 Greater Mack SCS, MI 48081 (S. of 11, W. of Jefferson)

### South Lake School District

<b>SLHS</b>	South Lake High School 21900 Nine Mile Rd SCS, MI 48080 (btwn Harper & Greater Mack)
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### L'Anse Creuse School District

<b>LCMSS</b>	L'Anse Creuse Middle School South 34641 Jefferson Harrison Twp, MI 48045 (S. of Shook Rd.)
<b>LCMSC</b>	L'Anse Creuse Middle School Central 38000 Reimold Rd Harrison Twp, MI 48045
<b>PANKOW</b>	Pankow Center 24600 F.V. Pankow Blvd. Clinton Twp, MI 48036 (Off Gratiot S. of Hall Rd.)
<b>YACKS</b>	Yacks Elementmrary 34700 Union Lake Rd Harrison Twp, MI 48045

RESIDENTS AND NON-RESIDENTS ARE WELCOME  
TO ATTEND ANY CLASS OR TRIP

**VISIT OUR WEBSITE @**  
**[www.lakeshoreschools.org](http://www.lakeshoreschools.org)**  
**CLICK ON: ADULT EDUCATION tab**

**SCSACE REGISTRATION FORM**

St. Clair Shores Community Education  
23055 Masonic Blvd., St. Clair Shores, MI 48082  
(586) 285-8880

*Make checks payable to: St. Clair Shores Adult & Community Education (SCSACE)*

NAME \_\_\_\_\_ PARENT NAME (If Child) \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_  
 HOME PHONE \_\_\_\_\_ CELL PHONE \_\_\_\_\_  
 COST \_\_\_\_\_ CLASS/TRIP # \_\_\_\_\_ CLASS/TRIP NAME \_\_\_\_\_  
 CHECK # \_\_\_\_\_ VISA/ MASTERCARD# \_\_\_\_\_  
 NAME ON CREDIT CARD \_\_\_\_\_ EXP. DATE \_\_\_\_\_  
 Email Address \_\_\_\_\_

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 NAME ON CREDIT CARD \_\_\_\_\_ EXP. DATE \_\_\_\_\_  
 Email Address \_\_\_\_\_

# SHORES CHILD CARE CENTER

would like to thank the following local businesses for their generous donations to support our open house:

Athenian Shish-Kabob  
Chicken Shack  
Cutting Edge Athletics  
Dan Good Pizza  
Detroit Pub  
El Charro  
Gilbert's Lodge  
Giovanni's Bakery  
Half Baked Bakery  
Halls Nursery  
Hodel's Cake Shop  
Hungry Howies  
Kitty Deluxe  
Mancuso's Florist Inc.  
Mastro's Ice Cream and Yogurt Shoppe  
Movie Mania  
National Coney Island  
Nautical Mile  
Pepper Bottoms  
Raindrops and Polka Dots  
Rhythm n' Jump Academy  
Roe's Sweets  
Rose's Family Dining  
Secret Treasures and Polka Dot Boutique  
That's A'more Pizzeria  
Waves



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ST. CLAIR SHORES  
ADULT & COMMUNITY EDUCATION  
23055 Masonic  
St. Clair Shores, MI 48082