

PERSONAL DEVELOPMENT

Senior Citizens Fitness Class (55+)

FITT 1094-01

This popular class has grown over the years and gives seniors a feeling of health and well being while promoting strength. Meet new people, make new friends or just come to exercise!

Instructor: Don Thomas	Date: Aug. 24-Dec. 14	Day: M,W,F	Time: 9:00 - 9:50 a.m.	Fee: \$75
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Step Aerobics, Cardio Mix & Muscle Toning

FITT 1092-XX

Get fit for life by joining this 60-minute class of heart-pounding, body moving and muscle-pumping FUN!!! Enjoy a workout that enhances the body's muscular endurance. Tone and strengthen your abdominal, chest and lower back muscles. Steps and weights provided. Bring an exercise mat to class.

Instructor: Becky Wilson	Date: Monthly	Day: M-R	Time: 5:30-6:30 p.m.	Fee: \$30
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Jitterbug Dance (New!)

FITT 1002-01

Back by popular demand...instructors Steve LeBlanc and Debrah Weeks will be teaching this highly requested class for those of you who've always wanted to learn to Jitterbug! This dance is not only great fun—it's great exercise too! Don't miss the chance to learn to dance from the best.

Instructor: S. LeBlanc/D. Weeks	Date: October 7-28	Day: W	Time: 6:30-8:00 p.m.	Fee: \$49/person \$89/couple
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Beginning Belly Dance

FITT 1002-02

This class is designed for women of all shapes and sizes and for dancers of all levels including those who have no dance experience. This class teaches specific controlled movements that are used in Middle Eastern Dancing. Learn basic belly dancing rhythms and movements.

Instructor: Anne Lilyquist	Date: Nov. 3-Dec. 15	Day: T	Time: 6:00-7:00 p.m.	Fee: \$50
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Intermediate Belly Dance

FITT 1002-03

The same movements will be used in intermediate as in Beginning Belly Dancing with layering techniques and a few flashy moves as well.

Instructor: Anne Lilyquist	Date: Nov. 3-Dec. 15	Day: T	Time: 7:00-8:00 p.m.	Fee: \$50
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Landscape Painting Workshop

CRFT 1091-01

Join us as we take inspiration from the landscape paintings at the Stark Museum of Art. We will sketch in the museum and then spend three weeks painting *en plein air* – outdoors! We will conclude with a group discussion of class work. The workshop is open to painters with some experience working with acrylics or oils. Learn about the Elements of Art in a discussion of the paintings on view at the Stark Museum of Art. Practice landscape painting with a group of fellow artists. Learn and share painting practices and ideas. NOTE: Students must provide their own supplies—a list is available.

Instructor: Amelia Wiggins	Date: Sep. 19-Oct. 10	Day: S	Time: 2:00-4:30 p.m.	Fee: \$5
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Making Fused Glass Jewelry and Icicles (New!)

HRGY 1091-01

Learn to make fused glass jewelry and decorations such as icicles and sun-catchers. These items would also make beautiful holiday gifts and decorations! **Supplies cost \$25 and will be purchased at the first class.**

Instructor: Angela Burch	Date: Oct. 6-20	Day: T	Time: 5:30-7:30 p.m.	Fee: \$89
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Lamar State College-Orange
Continuing Education and Workforce Development
PERSONAL DEVELOPMENT

Making Wire Wrapped Jewelry and Ornamentation (New!)

HRGY 1091-02

Learn to make wire-wrapped decorations such as stars, hearts, dragonflies, and other shapes. Materials will include wire, beads, crystals. These would make festive holiday decorations! **Supplies cost \$25 and will be purchased at the first class.**

Instructor: Angela Burch	Date: Oct. 8-22	Day: R	Time: 5:30-7:30 p.m.	Fee: \$89
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Making Fine Silver Jewelry

HRGY 1091-03

In this class students will learn to create pieces of fine silver jewelry from precious metal clay. Expand your creativity to include the art of fine silver jewelry design. Learn to design and finish unique pieces of wearable art. Instruction will include firing and finishing the art. **Supplies cost \$60 and will be purchased at the first class.**

Instructor: Angela Burch	Date: Oct. 27-Nov. 9	Day: T	Time: 5:30-7:30 p.m.	Fee: \$89
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Conversational Spanish I

SPNL 1091-01

This class gives students the tools for correct pronunciation in a very simple way. It focuses on everyday conversations for home, restaurants or telephone. In every lesson, students will also learn about Spanish news and culture to enrich the learning process. Handbook is included.

Instructor: TeTe Husband	Date: Oct. 5-Dec. 7	Day: M	Time: 6:00-8:00 p.m.	Fee: \$95
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Conversational Spanish for Nurses

SPNL 1091-02

As a dedicated healthcare provider you know that effective communication is the key to providing patients with the high quality of care they deserve. This class and book will provide you with all the tools you need to communicate confidently and effectively with your Spanish-speaking patients. *Fee includes book and CDs*

Instructor: TeTe Husband	Date: Oct. 7-Dec. 9	Day: W	Time: 6:00-8:00 p.m.	Fee: \$95
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Advanced Digital Photography

PHTC 1091-02

Advanced digital camera controls, lens selection, dealing with difficult exposure situations, using the Camera Raw (CR) format, digital close-up photography, high dynamic range (HDR) photography, night & low light photography, a review of digital photography software, etc. Prerequisites are the LSC-O Continuing Education Basic Digital Photography Class, or 2 years of digital photography experience using a digital single lens reflex camera. Be sure to bring your personal digital camera!

Instructor: Eino Lilback	Date: Sep. 28-Oct. 26	Day: M	Time: 6:30-8:30 p.m.	Fee: \$95
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Photoshop Elements 7.0

PHTC 1091-05

Learn to use Adobe's latest version of Photoshop Elements image processing software to edit, create and share your digital images. Improvements to Photoshop Elements include an overhauled interface, refined selection tools, a guided edit mode, enhanced retouching tools, new tools to create composite images, special artwork effects, a streamline image organizer, simple image fixes and more. This is a hands-on course and each student will have computer access to practice various image editing techniques. No prerequisites, but a basic understanding of digital photography is recommended.

Instructor: Eino Lilback	Date: Sep. 30-Oct. 28	Day: W	Time: 6:30-8:30 p.m.	Fee: \$145
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Class Day Key: M=Monday T=Tuesday W=Wednesday R=Thursday F=Friday S=Saturday