

ALLP

OCTOBER
3-26, 2017

ADULT LIFE AND LEARNING

FALL 2017



TUESDAY

- 9 – 9:50am Tai Chi Dan Suchon**
It is a slow moving, no impact practice famous for its health and healing benefits.
- 10 – 10:50am .. Texas History: West Columbia Way Naomi Smith**
This class will present a variety of topics. Learn about the Rosenwald School, Meet your Ancestors, the Ghost Along the Brazos and, the West Columbia Historical Museum. *WC Historical Museum*
- 10 – 10:50am .. Stampin' Up Marion Dornan**
Rubber stamps are for more than scrapbooking and creating cards. \$15 additional mat fee
- 11 – 11:50am .. Crochet Sherry Shelton**
The vast array of hooks, yarn and patterns can be overwhelming. Let's explore the possibilities. All skill levels welcome. Supply list available
- 12 – 1pm..... LUNCH IN THE COMMONS**
- 1 – 1:50..... Tips and Tricks for Photo Taking with Cell Phones Steve Wallace**
Learn the easy way to take the best photos using your cell phone. Get information on how to save and print photos for family and friends.
- 1 – 2:50pm Paint & Sew Sherry Shelton**
Students will design and paint fabric, stitch it up and stuff them full. These unique pillows make a perfect gift. \$5 additional mat fee
- 1 – 2:50pm..... Interactive Mini Album Scrapbooking Robin Crosby**
This art is a method for preserving, presenting and arranging personal and family history in the form of a decorative book. \$10 additional mat fee
- 3 – 3:50pm..... What's New at the Library? Tom West**
The library has much to offer if you only knew where to look. Let us show you how to get free access to a multitude of things. *BC Library Services*

WEDNESDAY

- 9 – 11:50am Beading: Jazz It Up Cheryl Norwood**
Discover the art of bead weaving and create your own weave. Bring a good pair of scissors and reading glasses. \$20 additional mat fee
- 10 – 10:50am .. Senior Investment StrategiesJeb Broaduss**
Does your risk match your age? Learn tips about how to comfortably make investments within your budget.
- 10 – 10:50am .. Birds & Art..... Emma Shelly**
Learn what makes a bird a bird, how to identify different species, and the incredible adaptations that help them survive, through sketching and wildlife illustration. *Gulf Coast Bird Observatory*
- 11 – 11:50am .. Fall Prevention - 2 weeks..... Courtney Latour**
Even your own home can become a dangerous place as we age. Get some helpful tips on how to avoid falling in and around your environment.

- Diabetes & Truth in Advertising – 2 weeks..... Tanya McCoy**
Get information on signs and symptoms of diabetes and, what you should do about it. Then, become aware and protect yourself with information on Truth in Advertising.
- 12 – 1pm..... LUNCH IN THE COMMONS**
- 1 – 1:50..... Bead Embroidery Robin Crosby**
Learn the technique of bead embroidery and decorate fabric using a needle, thread and beads. \$5 additional mat fee
- 3 – 3:50pm..... Better Living Delia Hernandez**
A fresh start to a healthier you! This series will use basic information to help improve your life and health.
- 2 – 2:50pm..... Zentangle Susan Chappell**
It is unplanned, abstract art created through a specific method from simple, structured patterns called tangles. \$5 additional mat fee
- 3 – 3:50pm..... Genealogy..... Susan Chappell**
Learn about your ancestors and the lives they lived. We will lead through the fundamentals of researching your family history, exploring the wealth of information online.

THURSDAY

- 9 – 10:50am Brain Camp Erika Longoria**
Build cognitive reserves that could help prevent Alzheimer's symptoms. Experience a variety of coping mechanisms and heart healthy recipes.
- 10 – 10:50am .. Country Western Dance Sherry Shelton**
Dancing is good exercise and a great way to have fun. Learn the Two-Step, Waltz and Line dance.
- 11 – 11:50am .. Sing Along..... Joy Birk**
Come sing-along through the decades with songs like Chattanooga Choo Choo, Mona Lisa, Hello Dolly & Stop in the Name of Love.
- 12 – 1pm..... LUNCH IN THE COMMONS**
- 1 – 2:30pm..... Scene Acting..... Wes Copeland**
If you ever wanted to act on stage, this class is for you. Students will take a short scene and learn how to develop a believable character. No acting experience required. *Center for Arts & Sciences*
- 1 – 3:50pm..... Painting Just For Fun Sherry Shelton**
You will be painting the first 30 minutes of class. Explore your inner artist using the medium of your choice. Supply list available
- 2 – 3:50pm..... Game Day**
Meet up in the Commons for games of your choice. Card, dominos, Uno and Yahtzee. If we don't have your favorite, we will get it!

To register for ALLP call 979.230.3600

Choose up to 8 classes for one fee of \$45 or enroll with a friend and save \$5 each.