

# Stettler Adult Learning Council Courses At A Glance

## General Interest Courses, Pages 4-5

Using Your iPod	Jan. 23
Active Parenting Ages 5-12	Jan. 26 - Mar. 2
Stretch Your Dollar	Jan. 28
Real Beauty for Girls	Jan. 30
Coping with Loss	Feb. 3 - Mar. 10
Foods of Provence (Cooking Class)	Feb. 11
True Colors	Feb. 11
Infant Massage Routine for Colic, Gas & Digestion	Feb. 25
Acrylic Nails	Feb. 28
Taste of Tuscany (Cooking Class)	Mar. 18
Xeriscaping - Water Wise Gardening	Mar. 27
Green Clean	Apr. 8
Japanese Simplicity (Cooking Class)	Apr. 8
3D Gardening	Apr. 14

## Creative Arts Courses, Page 5

Getting the Most Out of Your Digital Camera	Feb. 6
Wire & Beads	Feb. 6
Handbuilding Pottery	Feb. 27
Decorating Basics	Mar. 2 - 16

## Recreation Courses, Page 6

		Spring Session
Hatha Yoga	Jan. 21 - Mar. 11	Mar. 18 - May 6
Basic Hatha Yoga	Jan. 26 - Mar. 16	Apr. 6 - May 11
Core Stability (Pilates) Level 1	Jan. 20 - Mar. 17	Mar. 31 - May 19
Core Stability (Pilates) Level 2	Jan. 20 - Mar. 17	Mar. 31 - May 19
Latin Dance Exercise	Jan. 21 - Mar. 18	Apr. 1 - May 13
Bellydancing Level 1	Feb. 22 - Apr. 19	
Relax into Yoga and Meditation		Apr. 10

## Computer Courses, Page 7

Living in the Digital World - Working with Photo & Graphic Files	Jan. 30
Computer Basics	Feb. 2 - 16
Living in the Digital World - Using Windows Movie Maker	Feb. 13
Tips and Tricks for Word	Feb. 23 & 25
Excel Basics	Feb. 27
Tips and Tricks for Excel	Mar. 2 & 4
Simply Accounting	Apr. 17 & 24

## Seniors Programs, Page 10

Bend & Stretch	Jan. 12 - Apr. 29
Indoor Walking	Jan. 25 - Mar. 29
Computers for Seniors I	Feb. 5 - 26
Computers for Seniors II	Mar. 5 - 26

## First Aid Courses, Page 10

Emergency First Aid	Jan. 23, Feb. 20, Mar. 13, Apr. 17 <b>OR</b> May 15
Standard First Aid Level A	Jan. 23 & 24, Feb. 20 & 21, Mar. 13 & 14, Apr. 17 & 18 <b>OR</b> May 15 & 16
Standard First Aid Level C	Jan. 23 & 24, Feb. 20 & 21, Mar. 13 & 14, Apr. 17 & 18 <b>OR</b> May 15 & 16