



Take Time FOR YOU

Check out our entire Adult Special Interest section through page 66 And don't forget Adult Trips on pages 62-63 and drop-in programs at Longfellow Center on page 67!

NEW! Knit Wits (Ages 18+)

SV

This class is for beginning knitters or for those still learning the basics. All the knitting basics will be covered: knit, purl, cast on, cast off, increase and decrease. Learn how to do stockinette, garter, seed and ribbing stitches. Just in time to get you started on holiday projects. Students will practice on a sampler piece provided by the instructor and progress to a project of their choice. Deadline for registration is July 29.

Instructor: Janet Vitt

Location: Longfellow Center

W, 1-2:30pm	\$50/\$60
Aug 5 - Aug 26	#352999-08
# of weeks: 4	Min 6/Max 12

NEW! Twisting by the Pool (Ages 18+)

SV

Coffee and donuts and a pool to yourselves! What could be better? Come to Rehm on August 1 for food, socializing and, if you like, swimming. The pool will not be open to the public, so it's all ours. The diving well will not be open. Deadline for registration is July 27.

Location: Rehm Park Pool

Sa, Aug 1	\$24/\$34
8:30-10am	#352999-09
	Min 6/Max 30

NEW! Facials After Five (Ages 18+)

SV

Learn how to make your skin look and feel great, and maintain its appearance all year long. Treat yourself to a mini facial. Discover how old your skin is acting and your personal skin type. Learn what poly hydroxy is and how it can return aging skin to its youthful appearance. You will gain the knowledge of what facials are best for you and how to take care of your face of the future. Bring a headband and washcloth to class. Deadline for registration is June 23.

Location: Longfellow Center

Tu, Jun 30	\$33/\$43
7-8pm	#352999-03
	Min 4/Max 10

Writing for Life (Ages 18+)

SV

Designed for those who love to write and those who don't consider themselves writers. This class will take you on a fun journey of self discovery. Innovative guided exercises will help you to pay close attention to ordinary aspects of our everyday lives. If you want to develop your voice as a writer in a warm and stimulating environment, this class is for you. Get in touch with your creative side and see how the act of writing enriches and expands your experience of living! Deadline for registration is June 2.

Instructor: Jayne Mendius

Location: Dole Center, Studio 2

Tu, 7-8:30pm	\$60/\$70
Jun 9 - Jul 14	#352999-04
# of weeks: 6	Min 6/Max 12

NEW! Letter Writing (Ages 18+)

SV

Join us for a four week journey as we explore the lost art of letter writing in a process-oriented writing workshop environment. We will delve into the power of personal correspondence as we engage in our own and also examine and write in response to more public letters from historical and present times. The goal is to gain an appreciation for letter writing and an understanding of how we can enhance our daily lives through this unique form of personal expression. Deadline for registration is June 2.

Instructor: Jayne Mendius

Location: Dole Center, Studio 3

Tu, 11am-12:30pm	\$40/\$50
Jun 9 - Jun 30	#352999-05
# of weeks: 4	Min 6/Max 12

Pleasant Home adult art classes (sketchbook, wood carving, etc.) are on hiatus for the summer, and will return in the fall.

Bridge Lessons

SV

Want to develop your mind and have some fun too? Learn to play contract bridge! A four-person partnership oriented, trick-based card game, bridge has been played by millions of enthusiasts world-wide over the last century. Your instructor, a Life Master and local Bridge Director, will introduce you to basic bidding, play and defense. Each class meeting includes time to listen some and play some. Come introduce yourself to a social game that will challenge and delight you for a lifetime! Deadline to register is the Tuesday prior to each class.

Instructor: Bob Dolan

Location: Fox Center

M, 7-8:30pm	\$58/\$68
Jun 29 - Aug 3	#352999-07
Aug 10 - Sep 14	#352999-12
Tu, 7-8:30pm	\$58/\$68
May 26-Jun 30	#352999-06
Jul 7 - Aug 11	#352999-11
# of weeks: 6	Min 6/Max 16

Headaches (Ages 18 & Up)

LV

Does your head sometimes feel like it is in a VICE? Have you tried all types of pain relievers and nothing works? Have you decided to just live with it and hope they don't get worse? Dr Julie Klarich will review the 7 basic causes of headaches as well as natural remedies to proven to assist in the relief of headaches without side effects. Each attendee will receive a mini massage in chair specially designed to receive a massage.

Instructor: Dr. Julie Klarich

Location: Dole Center, Studio 2

Sa, Jun 6	\$15/\$23
11am-12pm	#343100-01
	Min 6/Max 20

Allergies (Ages 18 & Up)

LV

Sneezing? Itchy watery eyes? Stuffy nose? Wheezing? Feel like you can't live without allergy meds? Find out why continued use of allergy medications is destructive to your health. Get the straight facts on what it takes to actually overcome the symptoms of allergies and improve your overall health. We will discuss the traditional methods used in medicine today to combat allergies and their short and long term effects. She will also spend time answering specific questions and give some basic health improving tips for the immune system.

Instructor: Dr. Julie Klarich

Location: Dole Center, Studio 2

W, Jul 1	\$15/\$23
7:30-8:30pm	#343100-02
	Min 6/Max 20