

One-Day Workshops

ART: CARTOONING WORKSHOP

This fun and exciting workshop will teach character drawing and basic cartooning. Limited enrollment. Material fee of \$10 due at class. Pre-registration is required. All materials are provided.

Art Center Studio Kent, Pati
 3600.102 7yrs to 12yrs 2/22 3:30pm-5:00pm M \$30*
 3600.101 7yrs to 12yrs 1/25 3:30pm-5:00pm M \$30*
 \$25 HBAC members*

ART: WORKSHOP SERIES (3 WORKSHOPS)

Sign up for all three exciting workshops to learn a wide variety of techniques in various mediums. Pre-registration required. Material fee of \$10 due at each class. All materials provided. 3 class sessions.

Art Center Studio Hetherington, Theo
 3602.104 6yrs to 13 yrs 1/22, 2/5, 2/12 4:00pm-6:00pm F \$65*
 \$50 HBAC members*

ART: PRINTMAKING WORKSHOP

Explore printmaking techniques such as linoleum and stamp making. Printing on paper and fabric is also explored. Pre-registration is required. Material fee of \$10 due at class.

Art Center Multipurpose Hetherington, Theo
 3602.101 6yrs to 12yrs 1/22 4:00pm-6:00pm F \$25
 \$20 HBAC members*

ART: WATERCOLOR AND TONER TRANSFERS WORKSHOP

Investigate different watercolor techniques, use toner transfers as the base for a mixed media work on paper. Bring fresh photocopies of high contrast images. Pre-registration is required. Material fee of \$10 is due at class.

Art Center Multipurpose Hetherington, Theo
 3602.102 6yrs to 12yrs 2/05 4:00pm-6:00pm F \$25*
 \$20 HBAC members*

ART: PAINTING ON WOOD WORKSHOP

Experiment with various color relationships and create works of art with a focus on color harmony. Various materials will be used from traditional to unusual, pre-fabricated objects and others. Pre-registration is required. Material fee of \$10 is due at class.

Art Center Multipurpose Hetherington, Theo
 3602.103 6yrs to 12yrs 2/12 4:00pm-6:00pm F \$25

ART: JEWELRY SERIES WORKSHOPS (3 WORKSHOPS)

Sign up for all three of these exciting jewelry workshops. A variety of hands-on art workshops designed to stimulate the creative process and create an area for exploration and experimentation. Walk away with a finished work in silver clay. Pre-registration required. Material fee of \$25 is due at each class.

Art Center Multipurpose Tang Verona, Jewelry Studio
 3603.104 13yrs to Adult 1/17 - 3/07 1:00pm-3:00pm Su \$65

ART: PENDANT INTRODUCTION JEWELRY WORKSHOP

Create your own silver jewelry. Make a silver pendant using stamps. Create your own design by carving or using syringe skills (if you worked with silver clay before) * Repeating students will be working on a more advanced project. Pre-registration is required. Material fee of \$25 is due at class.

Art Center Multipurpose Tang Verona, Jewelry Studio
 3603.101 13yrs to Adult 1/17 1:00pm-3:00pm Su \$25*
 \$20 HBAC members*

ART: ROPE RING JEWELRY WORKSHOP

In this workshop we will learn to size a ring using silver clay as the base for perfect fitting work. The technique of a finished product will be covered. Bring some ideas and be ready to have fun. Repeating students will be working on a more advanced project. Pre-registration is required. Material fee of \$25 is due at class.

Art Center Multipurpose Tang Verona, Jewelry Studio
 3603.102 13yrs to Adult 2/21 1:00pm-3:00pm Su \$25*
 \$20 HBAC members*

ART: SYRINGE JEWELRY WORKSHOP

Learn syringe work (99.9% Art Silver Clay). Learn to set a stone with syringe. Incorporate different mediums to create a modern look, then use your imagination to create your own colorful design and you will go home with a one-of-a-kind art piece. Pre-registration is required. Material fee of \$25 due at first class.

Art Center Multipurpose Tang Verona, Jewelry Studio
 3603.103 13yrs to Adult 3/07 1:00pm-3:00pm Su \$25*
 \$20 HBAC members*

BABYSITTING: SERIOUSLY AWESOME SITTERS

Become certified in basic First Aid and Adult, Child and Infant CPR, also learn how to market your services, safely care for children, make healthy snacks, and entertain kids. Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or teddy bear to class. Material fee of \$30 due at class for training manuals, certification cards, manikins, supplies, etc.

Murdy Community Center Game Room Workshops on Wellness
 3605.100 10yrs to Adult 2/27 10:00am-5:00pm Sa \$55
 3605.101 10yrs to Adult 3/20 10:00am-5:00pm Sa \$55

Edison Community Center Hall C&D Workshops on Wellness
 3606.100 10yrs to Adult 3/20 10:00am-5:00pm Sa \$55

BEST CHEF – KIDS EDITION: BREAKFAST AND YOU

Come Hungry! This class will teach you different ways to enjoy the most important meal of the day. Recipes include Ham and Cheese Quiche, Melt in your Mouth Pancakes, Fluffy Scrambled Eggs with Homemade Hashbrowns. In addition we will be baking bacon and sausage. Recipes provided. Material fee of \$10 due at class.

City Gym Kitchen Sciumba, Marieva
 3626.101 8yrs to 13yrs 3/13 10:30am-12:30pm Sa \$30

BEST CHEF- KIDS EDITION: ORDINARY TO EXTRAORDINARY

In this workshop you will learn how to make a dish, plate the food, and present your food using many of the tools restaurants chefs use in their restaurants. Recipes include Quesadilla Cake, Stacked Salad, flavored oils, sauces and 3 to 4 Tapas choices. Recipes will be provided. Material fee of \$10 due at class.

City Gym Kitchen Sciumba, Marieva
 3627.101 8yrs to 13yrs 2/13 10:30am-12:30pm Sa \$30

BIRDS OF PREY

Students will be mesmerized as they get up close and personal with several species of LIVE birds of prey. We will cover the basics of falconry, the differences and similarities of various bird species, learn amazing facts. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$5 due at first class.

Murdy Community Center Hall A Miknuk, Kenneth M.
 3607.100 11yrs to Adult 2/13 11:00am-12:00pm Sa \$20

One-Day Workshops

BIRDS OF PREY FOR KIDS

Students will be mesmerized as they get up close and personal with several species of LIVE birds of prey. We will cover the basics of falconry, the differences and similarities of various bird species, learn amazing facts. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$5 due at first class.

Murdy Community Center Game Room Miknuk, Kenneth M.
3608.100 4yrs to 12yrs 1/16 11:00am-12:00pm Sa \$20

COOKING: CALIFORNIA ROLL SUSHI PARTY

Learn to make and eat Hand Rolls (Temaki) and hand squeezed (Nigiri) sushi with Japanese dinner. Hands-on California Roll lesson. Historical story of sushi coming to America. Gain knowledge of useful Chinese numbers and characters. Material fee of \$15 due at first class, and includes dinner, recipe booklet, all ingredients and new sushi mat.

Murdy Community Center Game Room Murata, Jane
3612.100 Adult 1/20 6:00pm-9:00pm W \$45
3612.101 Adult 2/17 6:00pm-9:00pm W \$45
3612.102 Adult 3/17 6:00pm-9:00pm W \$45

COOKING: FUN WITH SUSHI!

Create your own Sushi Bar at home for your friends and family. Learn to make Miso Soup, California Rolls, Massago caviar, maguro tuna, Sake salmon Japanese Omelet, Spicy Tuna and more! Material fee of \$10 due at first class.

Edison Community Center Hall C&D Berg, April
3621.100 Adult 2/16 6:30pm-9:30pm Tu \$35

COOKING: HEARTWARMING SOUPS

Warm your heart on those chilly nights with hearty soups and stews. You will learn to make a basic stock and several different soups to be served as starters, main course and dessert. Material fee of \$10 due at first class.

Edison Community Center Hall C&D Berg, April
3620.100 Adult 1/19 6:30pm-9:30pm Tu \$35

COOKING: HOMEMADE AND DELICIOUS MEALS

Assemble meals for your family (4-6 servings), take them home, and when you are ready, follow the simple instructions and enjoy your savory meals with suggested sides. You will prepare nutritious, cost effective meals of the highest standard. Bring a cooler to take your meals home. Material fee ranges from \$15 to \$26, and is due at first class.

Murdy Community Center Hall C&D Berg, April
3616.100 13yrs to Adult 1/16 9:00am-12:00pm Sa \$18
3616.101 13yrs to Adult 2/20 9:00am-12:00pm Sa \$18
3616.102 13yrs to Adult 3/13 9:00am-12:00pm Sa \$18

CPR – AMERICAN HEART ASSOCIATION

Individuals will be trained to give basic life support to an adult, child and infant. Upon completion of this four-hour class, you will receive a card stating your successful completion of the course, and you will be mailed a two-year AHA CPR certificate. The Heartsaver Class is equivalent to an A/B card. Material fee of \$5 due at first class.

Edison Community Center Hall C&D Zimmerman, Lila
3617.100 11yrs to Adult 1/30 9:00am-1:00pm Sa \$35
3617.101 11yrs to Adult 2/27 9:00am-1:00pm Sa \$35
3617.102 11yrs to Adult 3/27 9:00am-1:00pm Sa \$35

Murdy Community Center Game Room Zimmerman, Lila
3618.100 11yrs to Adult 1/16 9:00am-1:00pm Sa \$35
3618.101 11yrs to Adult 2/13 9:00am-1:00pm Sa \$35
3618.102 11yrs to Adult 3/13 9:00am-1:00pm Sa \$35

FALCONRY: INTRO TO AN AGE-OLD ART

See birds in flight and learn the basics of this 6,000-year-old art from a master falconer of 37 years. You will learn how to take a wild bird of prey and turn it into a hunting companion. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$5 due at first class.

Murdy Community Center Game Room Miknuk, Kenneth M.
3609.100 4yrs to Adult 3/04 7:00pm-8:30pm Th \$30

MUSIC: INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. Bring your acoustic guitar. Website--instantguitarnow.com. Materials fee \$29 for book and CD due at first class.

RSC Hall E Staff, Recreation
3625.101 All ages 1/27 6:30pm-9:00pm W \$30

OFFICE YOGA

Working long hours at a desk every day can lead to a host of problems from muscle tension to neck/back injury to carpal tunnel syndrome. Give your body the care it needs without even leaving your office. No prior yoga experience necessary. Please bring one pillow, and the desk and chair will be supplied.

City Gym Room B Madera, RoxAnn
3623.101 Adult 2/06 10:00am-12:00pm Sa \$25
3623.102 Adult 3/06 10:00am-12:00pm Sa \$25

OWLS: AMAZING HUNTERS OF THE NIGHT

See owls in flight and learn why owls are unique among other raptors. We will cover the difference between owl myths and facts, comparison to diurnal birds, habitat and much more. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$10 due at first class.

Murdy Community Center Hall A Miknuk, Kenneth M.
3610.100 4yrs to Adult 3/22 6:30pm-7:30pm M \$30

YOGA: ESCAPE STRESS

Stress is a major health concern in the U.S. and can manifest with serious health consequences. Learn how to deal with stress, discover how to clear your mind of everyday clutter, find a new path that will bring harmony and calm to your life. No prior yoga experience necessary. Please bring a mat, three blankets, one pillow and something to cover your eyes.

City Gym Room B Madera, RoxAnn
3624.101 Adult 1/30 10:00am-12:00pm Sa \$25
3624.102 Adult 2/27 10:00am-12:00pm Sa \$25

YOGA: HEALTHY, HAPPY BACK

A way back to health and/or keeping it with a Yoga practice. Learn how to access and evaluate your posture, breathing techniques, create strength/flexibility and determine how all these factors affect your back. If you have a back problem, an okay from your doctor before trying yoga is advised. Bring a mat and 3 blankets.

City Gym Room B Madera, RoxAnn
3622.101 Adult 1/23 10:00am-12:00pm Sa \$25
3622.102 Adult 2/20 10:00am-12:00pm Sa \$25