2019 FALL SEMESTER COMMUNITY COURSE GUIDE

Calligraphy: Modern Brush Lettering
New! This class will introduce the elegant art of hand lettering and will provide an opportunity for maintenance and review for previous students as well. Participants will learn and practice the rules of letter construction, spacing, and flourishes, as well as how to develop skills through the use of tools, materials, and techniques. Finding the best pens, inks, and papers to use will be discussed, as will the practical uses for calligraphy and good reference books. All materials provided.
Saturday November 9th
Sanctuary Hill Studio
1:00 – 4:00 PM
Kalli Kenney
$59

Hand Lettering with a Water Brush and Brush Pen
New! This exciting new hand lettering class will cover how to achieve thick and thin lines. You will learn how to drop in color, ombré and practice blending techniques. All students will leave with an original project to take home.
Saturday October 19th
Sanctuary Hill Studio
1:00 – 4:00 PM
Kalli Kenney
$59

Personal Protection Workshop for Women
New! Instructed by a husband and wife team, this class features pressure point techniques; no throws, falls or rolling on the floor. The class is designed for all fitness levels, focusing on techniques and not strength. Casual attire is recommended, come join us for a relaxing and informative session.
Saturday August 31st and November 9th
328 O.D. Smith Hall
1:00 – 3:00 PM
John Frederick
$49

Beginners Line Dancing (Two options)
New! Learn the most popular line dances for beginners by the end of five weeks. Fundamentals will be covered in such a way to make it easier to understand. This class is designed for those with no previous dancing experience.
Mondays September 30th to October 28th
Rising Starz 7:00 – 8:00 PM
Cody Foote $49

Introduction to Theater Basics: Performance and Production
New! Understanding all the elements of dramatic theater, including history, terminology, production, script and character analysis, and appreciation. Course will include improvisation, performance, viewing and analysis.
Saturday October 5th
Peet Theatre 1:00 – 3:00 PM
Alexander Duck $39

Applications of Theater Performance and Production
New! This course will build upon lessons learned in Introduction to Theater Basics. Elements of dramatic theater; including history, terminology, production, script and character analysis, and appreciation will be demonstrated and practiced in this short course. Course will include performance, staging, and analysis. The workshop will culminate with student performances.
Saturdays (3) October 12th to 26th
Peet Theatre 1:00 – 3:00 PM
Alexander Duck $89

Graphic Design Online Certificate
Earn your certificate in Graphic Design in just 3 Months. Sign up today! (Courses may also be taken individually.)

Up and Running on Photoshop CC
In this hands-on course, we will work through examples of real-world creative challenges you will encounter as you learn to master Adobe Photoshop CC. We will start from the basics and work up to more challenging and exciting techniques. You’ll learn about adjusting colors, masking, retouching, and manipulating images. As a graphic designer, you will learn what it takes to work efficiently and effectively, gaining the skills needed to add Photoshop into your creative toolkit.
Online August 19th to September 16th
Tonya Wright $299

Mastering Adobe Illustrator CC
Adobe Illustrator is the designer’s essential tool for creating vector logos, professional type effects, maps, diagrams, illustrations and more. Understand the unique features of Illustrator, the difference between vector and raster graphics and how to create complex graphics with simple components and selection tools. Learn lines and shapes, using the live trace, type basics, gradients, using layers, transparency and exporting images to EPS and PDF, and discover high quality drawing and digital illustration.
Online September 23rd to October 21st
Tonya Wright $299

Bringing it Together with Adobe InDesign CC
InDesign is the leading publication layout and design software. Learn to harness the power of InDesign to create materials for print, digital and PDF distribution. In this course, you will learn type controls, graphics file management, interactive design, layers and document setup and more as you become an InDesign power user.
Online October 28th to November 25th
Tonya Wright $299

Auburn University is your SHRM provider.

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SHRM SOCIETY FOR HUMAN RESOURCE MANAGEMENT

SHRM CP/SCP TEST PREP
Auburn
Sep. 17-Dec. 3
Montgomery
Sep. 17-Dec. 3
auburn.edu/opce/shrm
334.844.3197 | lbrantly@auburn.edu

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provides financial assistance for military spouses pursuing degrees or licenses in programs, licenses or credentials that lead to employment in portable career fields.
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auburn.edu/outreach/opce/mycaa

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www.auburn.edu/opce/graphicdesign

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PROFESSIONAL CAREER, TEST PREPARATION, AND CERTIFICATE PROGRAMS

ACT Blitz (Three Options, Classroom and Online)
Let Auburn University's ACT test-preparation program help you prepare for this important test! ACT Blitz classes, offered during the academic year, are strategically scheduled for the weeks leading up to the most popular ACT test dates. Classes are scheduled to allow time to practice new skills between sessions. Our multi-week course format allows abundant opportunities for learning and for interacting with our expert instructors. Classes include 16 hours of instruction, the official preparation guide including practice tests from ACT, a course workbook, and access to our online resources-class recordings, pre-recorded class modules, an instructor-monitored question forum, and online office hours. The ACT Blitz classes are offered on campus and live-online.

Classroom: Sundays (4) September 29th to October 20th
Davis Hall, TBA
1:00 – 5:00 PM
Tuesdays and Thursdays September 26th to October 22nd
Tuesdays and Thursdays November 5th to December 3rd
Online
6:00 – 8:00 PM
Auburn University Test Preparation
$499

Technical: Saturdays (4) September 28th to October 19th
Online
6:00 – 9:00 PM
Auburn University Test Preparation
$399

Online: Mondays (4) September 30th to October 28th
Online
6:00 – 9:00 PM
Auburn University Test Preparation
$399

GRE Test Preparation Courses
(Classroom and Online)
Seeking a graduate degree? The GRE revised General Test measures critical thinking, analytical writing, verbal reasoning, and quantitative reasoning skills that have been acquired over a long period of time and that are not related to any specific field of study. The GRE is required for a large variety of master’s degree and doctoral degree programs.

Mondays and Wednesdays October 2nd to October 28th
Davis Hall, TBA
1:00 – 5:00 PM
Auburn University Test Preparation
$499

GMAT Test Preparation (Online Only)
Considering an MBA? Let us help you get into the program of your choice. The GMAT is the preferred exam for many top-ranking full-time and part-time MBA programs. Our professional instructors will help you understand each section of the GMAT, dissect each item, and develop a comprehensive plan for test success.

Tuesdays and Thursdays September 12th to October 8th
Tuesdays and Thursdays October 10th to November 7th
Online
6:00 – 9:00 PM
Auburn University Test Preparation
$499

LSAT Test Preparation (Classroom and Online)
The LSAT is a paper-based standardized exam that is administered four times per year. Our LSAT test preparation courses are precisely scheduled to make sure students reach test day performing at their peak. Take the mystery out of the LSAT and get the tools you need to succeed on test day!

Tuesdays and Thursdays September 17th to October 22nd
Davis Hall, TBA
6:00 – 9:00 PM
Auburn University Test Preparation
$899

Clinical Medical Assistant Program
This program prepares students to assist physicians by performing some clinical functions of a medical office. Instructor includes preparing patients for examination and treatment, routine laboratory procedures, pharmacology, taking and documenting vital signs, technical aspects of phlebotomy, the 12-lead EKG and the cardiac life cycle. Program also includes an optional clinical externship at a local healthcare provider.

Tuesday, Thursday, Saturday October 1st to January 30th
Haley Center, TBA
6:00 – 9:30 PM
Condensed Curriculum International
$2,599

Dental Assisting Program
This course prepares students for entry level positions as a chair-side dental assistant. The history of dentistry, introduction to the dental office, the legal aspects of dentistry, oral anatomy, dental operatory, tooth structures, primary and permanent teeth, the oral cavity, and other areas will be covered. A clinical externship at a local healthcare provider is offered.

Monday and Wednesday October 7th to December 4th
Haley Center, TBA
6:00 – 9:30 PM
Condensed Curriculum International
$1,199

Medical Billing and Coding Program
This billing and coding program delivers the skills students need to solve insurance billing and coding problems. It details proper assignment of codes and the process to file claims for reimbursement. With the transition to ICD-10, effective as of October 1, 2015, this course also provides training in ICD-10-CM.

Tuesday, Thursday, Saturday September 25th to December 4th
Haley Center, TBA
6:00 – 9:30 PM
Condensed Curriculum International
$1,699

Paralegal Certificate Course
This intensive, nationally acclaimed program is designed for beginner and advanced legal workers. Training includes instruction on how to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. Instruction is practice-oriented and relates to those areas of the law in which paralegals are most in demand. There are no prerequisites other than a high school diploma or GED, but students must be prepared to complete a significant amount of homework each week. This program can help students increase their office's efficiency, productivity and billable hours, as well as learn new marketable job skills.

Sundays September 15th to December 8th
328 O.D. Smith Hall
9:00 AM – 5:00 PM
Michael Cielsinski
$1,395

GRE and GMAT Strategy Workshops (Online and Classroom)

Free! Join us for an informative introduction to the revised GRE/GMAT. If you are preparing for graduate school, you know that success on the GRE/GMAT exam will play a critical role in your acceptance into the program of your choice. You want to study with the best. Come meet with our experienced instructor to learn about the test and pick up a few tricks. We know you'll get a lot out of this free session. Due to limited space, pre-registration is encouraged.

American Sign Language I
This ASL I class will cover the alphabet, numbers, people, places, and everyday vocabulary related to things such as emotions, foods, colors, etc. Calendars and time will be covered as well. Participants will learn sentence structure and techniques required to comfortably express and receive messages in American Sign Language. By signing with others in the class, participants will learn new techniques. By the end of the course, participants will be able to carry on simple conversations using sign language.

Tuesdays September 3rd to October 8th
328 O.D. Smith Hall
5:30 – 7:30 PM
Benje Estes
$89

American Sign Language II
This follow-up course to ASL I is designed to cover more advanced conversation skills. Students will be encouraged to communicate in a more abstract way, consider the environment outside the classroom and master a higher level of signing by describing both past and present events.

Tuesdays October 15th to November 19th
328 O.D. Smith Hall
5:30 – 7:30 PM
Benje Estes
$79

Basic Conversational Spanish
In this short course, each participant will gain a basic introductory knowledge of the Spanish language. You will be given the opportunity to learn the language spoken by millions of people in the many Spanish-speaking countries around the world. You will learn the basic concepts in Spanish and strategies for learning a new language. The class will include basic listening, writing and speaking activities. We will use some basic technology to help enhance your learning. Your instructor, David Gregory, has taught Spanish at Smith's Station High School for eleven years.

Thursdays October 10th to October 31st
328 O.D. Smith Hall
5:30 – 8:00 PM
David Gregory
$79

Intermediate Conversational Spanish
This course will build upon lessons and concepts learned in Basic Conversational Spanish. You will learn intermediate concepts in Spanish and strategies for enhancing your conversational abilities. The class will include intermediate listening, writing and speaking activities. We will use some basic technology to help enhance your learning. Your instructor, David Gregory, has taught Spanish at Smith's Station High School for eleven years.

Thursdays November 7th to December 5th
328 O.D. Smith Hall
5:30 – 8:00 PM
David Gregory
$69

Advanced Conversational Spanish
New! This course will further build upon lessons and concepts learned in Basic and Intermediate Spanish. The class will include additional practice and applications of listening, writing and speaking activities. We will use some basic technology to help enhance your learning. Your instructor, David Gregory, has taught Spanish at Smith's Station High School for eleven years.

Monday and Thursday December 9th to December 19th
328 O.D. Smith Hall
5:30 – 8:30 PM
David Gregory
$69

Request a Course! Don't see a course here that you would like us to offer? Let us know!
Please contact Mark Lipscomb (mark.lipscomb@auburn.edu or 334-844-3100) to request a course or recommend an instructor.
CREATIVE ARTS AND PERSONAL ENRICHMENT

Basic Drawing and Painting for Adults
The foundation of a good painting is a good drawing. In this adventurous, one-day workshop, Brenda combines the best of her drawing and painting classes into a simultaneous study of both. If you have taken at least one Drawing Crash Course and a Watercolor Crash Course, this workshop will provide an excellent way to advance your skill level. You will receive plenty of guidance in the form of drawing and painting demonstrations as Brenda leads you through her process for developing paintings. You will compose a scene and create your own original watercolor painting. Your landscape will include cloud filled skies, country outbuildings and believable trees. You will strengthen your drawing and painting skills and take home a finished work of art.
Saturday October 26th
126 Biggin Hall
Brenda Stevens
$89

Basics of Madhubani Folk Painting Style of India
New! Learn to classify drawing and coloring style indigenous to Madhubani folk painting while developing your own personal style. All participants will leave with a completed work of art and will learn more of the historical significance of this folk art style.
Tuesdays September 24th to October 22nd
126 Biggin Hall
Prachi Brave
$69

Beginning and Intermediate Acrylic Painting
Create lovely works of art as you navigate the basics of color theory, composition and design. Discover the joy of working with acrylics as you explore various mixing and application techniques. Work from a still-life or your imagination. Beginners to intermediate will gain dexterity in brush work and paint application. No matter your ability you’ll push this medium to its limits and experience the fun, ease and lack of boundaries this course offers. Materials required.
Saturday October 19th
126 Biggin Hall
Cynthia Golden Frasier
$89

Beginners Pottery (Two Options)
Become familiar with a variety of pottery techniques. Learn to throw clay and create functional pottery. Clay and firing costs are included in the course fee. Students should bring a one-gallon bucket and a packet of clay tools to the first class meeting (tools may be purchased at most bookstores in Auburn for about $15).
Tuesdays and Thursdays September 24th to October 24th
Po Wiese
$169

Pottery Techniques and Skills (Two Options)
Become familiar with a variety of pottery techniques. Learn to throw clay and create functional pottery. Clay and firing costs are included in the course fee. Students should bring a one-gallon bucket and a packet of clay tools to the first class meeting (tools may be purchased at most bookstores in Auburn for about $15).
Tuesdays and Thursdays September 24th to October 24th
Po Wiese
$169

Sketching Downtown: Auburn Landmarks
Auburn is a town that is changing and evolving right before our eyes. You will travel to an iconic location (announced before class) - such as Toomer’s Corner, Samford Hall or Jordan-Hare Stadium to create a rendering of your favorite landmark. Don’t miss out on this great chance to conceptualize the history of this town in a black and white sketch.
Saturday August 31st
126 Biggin Hall
Cynthia Golden Frasier
$79

Watercolor Crash Course (Two options)
This half-day workshop requires no drawing or painting skills. Led by an experienced watercolorist, you’ll get to work mixing colors and applying basic watercolor techniques on an original drawing created for you. In just a few hours you will create your very own painting to take home. You can expect plenty of individual attention and instructor-led demonstration that will walk you step-by-step through the entire painting process. You will be amazed at what you can accomplish!
Saturday November 9th
126 Biggin Hall
Brenda Stevens
$69

Photography: Basic Digital
Use your digital camera like a pro and forever transform your photography. This introductory course teaches basic camera operation, fundamentals of exposure and composition. Understand how to use correct camera settings for the best results. The only requirement is a digital SLR camera with changeable lenses. Classroom instruction is designed for adults and includes a field trip.
Thursdays September 12th to October 10th
328 O.D. Smith Hall
John Rhodenizer
$89

Photography: Getting the Picture You Want from the Picture You Took
Make your digital photos better with this introduction to Adobe Photoshop Tools. In this hands-on class, you’ll work on Adobe’s CS5 platform to learn how to remove red eye, fix scratches, adjust exposure and color, retouch and resize your picture, create collages and design your own photo greeting cards and announcements. Basic computer skills required.
Wednesdays and Thursdays October 16th to October 24th
3130 Haley Center
John Rhodenizer
$99

Basic Handgun Safety (Three Options)
Learn the rules of safe gun handling/shooting; fundamentals of marksmanship; and laws pertaining to ownership, transportation, and use of handguns facilitated by the Lee County Sheriff’s Office. You must bring proof that you are at least 21 years of age.
*Fee covers hearing protection, eye protection and range costs. If you are considering a firearm purchase, information on permits will be provided as part of the course. Those who do not have firearms are not required to purchase them before the class. Information about purchasing these items, including a discussion of the type of handgun for your particular needs, will be provided. If you already have a firearm, please bring permit. You do not need a gun or permit to take this class.
Tuesday, Thursday, Saturday September 17th, 19th, 21st
Lee County Sheriff’s Office Times Vary
Jay Jones, David George
$89

Belly Dance Basics
Explore the exciting art of Middle Eastern dance in this introductory course. While focusing on proper posture and muscle isolation, students will learn basic belly dance vocabulary including hip, torso and arm moves. Cultural background and basic Arabic rhythms will also be presented alongside the movement lessons. Belly dance is a fun and unique art form that is appropriate for all ages and body types. Expect to work muscles you didn’t know you had! No previous dance experience required. Students should wear comfortable workout attire that is fitted enough to allow the instructor to see your movements. Soft-soled dance shoes (ballet or lyrical) are encouraged although dancing barefooted is acceptable. A scarf tied around the hips can help as you are learning to isolate movements but is not required. Bring water—we will sweat!
Wednesdays October 9th to 30th
Rising Starz
Jennifer Mason
$59

Cyber Security Basics
Cyber threats to our personal and professional computing habits are everywhere today and constantly evolving, but you don’t have to be hopeless. There are actions you can take today that will block most cyber-crooks from wreaking havoc on your identity and your finances, and you don’t need to be a technology expert to do so. This workshop will teach you the 10 major identity theft threats you face and the actions you can take to stay safe including: 4 ways to protect your wireless network from hackers, the 10 second email rule that can prevent hacking, and computer skills required.
Tuesdays and Thursdays October 9th, 11th, 13th
328 O.D. Smith Hall
Fred Middleton
$49

Dancing: East Coast Swing
Originally called the ballroom triple swing, this dance is a high energy, fast moving dance with lots of spins and turns - all in colorful interactive patterns. It is the most danced of any dances at all social dances. The East Coast Swing almost always stimulates a little finger snapping, hand clapping and toe tapping action.
Mondays September 30th to October 28th
Rising Starz
Cody Foote
$99 (Per Couple)

Register Now!
auburn.edu/cconline
334-844-5100
PERSONAL ENRICHMENT

Dancing: Waltz and Cha Cha
The Waltz is everybody’s favorite “slow” and romantic dance. Done in three-quarter time, this dance provides for easy turns and movement in box and progressive patterns. This is a favorite dance at weddings, special events and at regular social dances. Cha-Cha is one of the spicier of the Latin dances. The structure of the dance allows great freedom in body motion i.e.-Latin motion, and color and flair in turns and spins. It is one of the favorite “four” at social dances.

Mondays  November 4th to December 2nd
Rising Starz  7:00 – 8:00 PM
Cody Foote  $99 (Per Couple)

Driver’s Education (Two Options)
Develop confidence and skill as a new driver through discussions of driving related topics such as orientation to the vehicle, traffic laws, street driving, and vehicle efficiency. This course is designed to meet the requirements for driver education instruction as defined by the Alabama Department of Education. Classroom portion of class is held Wednesday evening. Individual driving sessions are scheduled Friday through Sunday by the instructor in class.

Wednesday, Friday, Saturday, Sunday September 18th to 22nd
Thursday, Friday, Saturday, Sunday October 16th to 20th
328 O.D. Smith Hall  5:00 – 7:30 PM (Wednesday)
William Jones  $159

Fiction and Creative Nonfiction Writing Workshop
Are you an aspiring writer who has trouble getting started, or difficulty polishing your work for publication? Join an expert writer who has recent publications in nonfiction, poetry, fiction and more. This is a perfect class for writers of any skill level who are looking to develop their work in a welcoming class atmosphere that is designed to foster the student’s individual writing interests, whether it is purely cathartic or geared towards professional publication. Peer review and group readings are additional features of this class.

Mondays  October 7th to 28th
2237 Haley Center  5:30 – 7:00 PM
Dr. Alyssa Ross  $59

Flower Lab: Greenery Garland Class
In these hands-on courses, you will learn how to create a beautiful centerpiece while learning industry tips and tricks for working with flowers and greenery from a professional floral arranger. All supplies will be provided and students will leave with an arrangement to take home the same night.

Tuesday  October 15th
Live Wreath Class
Tuesday  October 29th
Holy Trinity Episcopal Church  5:30 – 7:30 PM
Rebecca Nichols  $99 (Early Bird)/$119 (After October 8th)

Fly Fishing
Learn the most intriguing segment of sport angling for fly fishing. Participants will learn fly selection, knot tying, fly casting, fish finding, fly presentation, and fish fighting. The course will cover fly fishing for local warm water species, stream and river fishing for cold water species, and salt water fly fishing. The instruction will take place in the classroom and outdoors. Newly acquired skills will be practiced on the water during the last class. Pre-college students, 13 years of age and older, may take the class only if accompanied by a parent. Instruction is provided by a professional fly fishing guide/instructor who is a Federation of Fly Fishers Certified Casting Instructor. All materials are provided by the instructor.

Tuesday, Thursday, Saturday  September 10th to 14th
160 Funchess Hall  6:00 – 8:00 PM
Paul Hudson  $69

Indian Music Ensemble
Come learn the musical traditions of the Indian subcontinent. The basis of all classical music in India is a system of Ragas (melodic scales) and Talas (rhythmic patterns). In this class, you will learn these fundamental elements of Indian music and be able to perform simple compositions at the end of the semester. The class will be mainly vocal with instrumental options. The ensemble uses authentic Indian instruments - harmonium, tanpura, tabla, veena and sitar are incorporated into various classical and semi-classical compositions. If you are looking for a fun learning opportunity, this is it. If you play the flute, acoustic guitar, or any other instrument, please bring it with you to class.

Mondays  August 19th to November 18th
227 Goodwin Hall  5:00 – 7:00 PM
Chaitra Gururaj  $49

Investment Basics for Today’s Economy
This course is designed to introduce the novice and the experienced investor to investment vehicles and their relation to market indices and the economy. The instructor will start with the basics-covering specific types of investments commonly used, how they work, and the pros/cons of using each. Additionally, both the logical and emotional aspects of investing will be discussed along with ways to avoid common investment mistakes.

All phases of investing - from accumulation to distribution - will be covered.

Tuesday  November 5th
6:00 PM – 9:00 PM
Davis Hall, TBA
Allen Taylor  $39

Investments: Beyond the Basics
This course is designed to pick up where Investment Basics left off. Students will take a more in-depth look at stocks, bonds, mutual funds, and derivative investments vehicles and how they work. Novice and experienced investors can gain a more comprehensive understanding of how to utilize these various investments within their portfolios and how they are impacted by market indices and the economy. During the course, the instructor will discuss how to judge and grade an investment with the appropriate index and how to build a quality, balanced portfolio that reflects an individual’s risk tolerance and expected level of return. Analyzing and evaluating existing portfolios will also be covered.

Thursday  November 7th
6:00 – 9:00 PM
Davis Hall, TBA
Allen Taylor  $39

Jam Making 101
Learn how to preserve fresh fruits through the process of jam making. This course teaches you the difference between jam and preserves, provide techniques on how to make both, as well as offer tips on how to individualize your jam to create your own signature taste. The class is held in a kitchen environment with ample ingredients that are ripe for preservation. Material costs are included in the registration fee.

Tuesday  October 22nd
234 Spidle Hall Kitchen
Dr. Alyssa Ross  $59

Novel Writing
Join a constructive, fun-filled forum that will stimulate creativity. The class is taught by a published novelist and award-winning author. Organize that great novel that has been floating around in your head and put it on paper. Learn about plot, style, mechanics, and other essentials. Peer critique and encouragement are wonderful features of the class.

Mondays  September 30th to November 18th
328 O.D. Smith Hall  6:00 – 8:00 PM
Larry Williamson  $79

Personal Branding for Professionals
Personal Branding for Professionals is a 5-module online course designed to assist professionals of any industry or background in discovering who they are as a professional; communicating their experience and skill set; and marketing their abilities, experience, skills and strengths through a resume, cover letter and online profiles.

Online  (Open Enrollment)
Elise Stewart  $149

Pragmatic Tea Practices for Productivity
Tea has been used for thousands of years. It has been used as a beverage, medicine and status symbol. This course will discuss the use of tea as a productivity tool and the benefits it has over coffee and other stimulants. Learn how to boost your cognitive functions by mixing different types of tea, how to quickly prepare your tea in the office, when you are traveling, and more.

Wednesday  December 4th
328 O.D. Smith Hall
TJ Nguyen  $39

Savvy Social Security and Medicare Planning
Medicare can be challenging and its choices today have become even more complicated. Deciding how to receive your Medicare benefits will change your overall health insurance portfolio, giving you more complex choices to make. Making sense of Medicare and its parts is the first step. This course will help you decipher the Medicare alphabet. Discuss what is covered under Medicare Part A and Part B; know the difference between Medicare Part C and Medicare Supplements: and be able to confidently choose how you receive your Medicare benefits. This course is intended for educational purposes. Student materials included. Bring your spouse at no additional charge.

Wednesday  October 12th
328 O.D. Smith Hall
Fred Middleton  $39

Water Aerobics (Low Impact Conditioning)
Shallow water or deep water workout! This program is good for the aerobics enthusiast or for those beginning a water rehabilitation regimen. Flotation equipment is available for participation in deep water. Non-swimmers are welcome and should find that they are quite confident with flotation equipment.

Monday, Wednesday, Friday  September 4th to December 16th
Tuesday, Thursday  September 3rd to December 17th
James Martin Aquatics Center
Margaret Plott (Mon/Wed/Fri)  $179
Sandy Lane (Tues/Thurs)  $129