

2016-2017 Lifelong Education Classes

Arts and Crafts

Beginning Watercolor and Pastels – Only Beginners!
Drawing – Still Life and Portraits
Perspective Drawing
Drawing-Using Both Classical and Experimental Techniques
Fundamentals of Painting – Landscape & Portraits – Oil & Acrylic
Oil and Acrylic Painting
Portrait Painting from a Photograph
Realistic Portraits and Landscapes in Oils or Acrylics
Paint Inspirations from Impressionist Painters
Painting Exploration
Sketching and Painting from a Photograph
Watercolor
Ceramics– All Levels
China/Porcelain Painting
Creative Cards
Creative Cards! – Fun Folds!
Floral Design
Basic Jewelry – Designed for the Hobbyist
Jewelry -Designed for the Hobbyist
Jewelry Beading
Arm Knitting
Knitting
Make a “Magic Ball” of Yarn to Knit or Crochet
No Sew Fleece Blanket
Ruffle Scarf for the Holidays
Trellis/Ribbon Yarn Crochet Necklaces!
Working with Seed Beads on a Loom – Continuing
Weaving with Seed Beads on a Loom – Continuing

Water Safety

About Boating Safely
Weekend Navigator – Part I

Computer

Using Your Computer – Level I
Using Your Computer – Level II
Getting to know your Android Phone!
Google Docs
Introduction to Facebook
Introduction to Social Networking
Linked-In
What is the Cloud?
Working with Microsoft Windows 10
Using Your Computer – Level I

Cooking

All Things Benedict
Breadless Sandwich Ideas
Butter Chicken or Murgh Makhni Coconut Rice and Raita
Aloo Matar, Chana Masal and Basmati Rice
Aloo Green Beans, Matar Paneer and Channa Masala
Celebrate Mexican Independence Day Dinner
Crespelle are Italian Crepes
Chicken Dishes for Christmas
Chicken Jalfrezi and Roti Chicken Karahi and More
Chicken Vindaloo, Naan Bread and Mango Cachoomar
Cooking for Our Canines – Natural Dog Treats Pot Sticker Party
Dim Sum at Home
Dolma – Stuffed Grape Leaves
Easy to Make Seafood Hors d'Oeuvres
Easy Desserts
Fesenjan Persian Chicken Stew
Fish Biryani, Carrot Halwa and Raita
French Autumn Soups
French Bistro Cooking
French Classic Bistro Casseroles and Stews
Fried Fish, Lemon Rice, Coconut Green Chutney and Cachumbar
Gourmet Cooking
Gourmet Summer Dinners
Halloween Treats and Day of the Dead Feast
Healthy and Light Mediterranean Salads and Starters
Holiday Appetizers Holiday Desserts
Holiday Side Dishes
Italian Comfort Food
Italian Gourmet Cooking – Fresh and Fast!
Italian Summer Dinners
Japanese Cooking III
Knife Skills
Koftah Tabrizi
Lamb Karahi, Lemon Rice and Kheer
Lamb Shank with Baghela Polo
Let's Do Brunch
Let's Make Risotto!
Main Dish Pies
Marvelous Mains
Mexican Breakfasts
Mexican Day of the Dead Main Dishes
Middle Eastern Desserts
Octoberfest German Dinner
Palak Chicken, Rice, Rajma-Channa Salad and Raita
Passport to the South of France in Provence
Summer Fresh Fruit and Vegetable Class
Summer Fruit Desserts
Summer Salads "Italian Style"
Summer Sides
Summer Vegetables
Soup for the Soul Part II

Soup for the Soul! Part III
Tandoori Chicken, Chutney Naan and Kheer
Tasty Party Appetizers and Potluck Dishes!
Thanksgiving and Christmas Side Dishes for the Holiday Season
Vegan Cooking

Home Decorating and Improvements

Custom Window Coverings
Upholstery
Create Custom Shades, Drapes, Valances and More
Understanding Home Remodeling

Dance

All About Latin Dance Featuring Salsa!
All about Social Ballroom and Swing Dance
Hot Bachata and Salsa
All about Social Ballroom, Swing Dance, and Hot Latin Salsa

Life Planning and Real Estate

Free Legal Forms
How to Create a Sustainable Income Street in Retirement
Managing Health Care Expenses in Retirement: What Baby Boomers Need to Know About Medicare
& Long Term Care
Reverse Mortgage 101
Savvy Social Security Planning for Couples
Savvy Social Security Planning for Women
Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income
Trusts & Estate Planning Made Simple
Buy and Finance Your Dream Home
Wills, Power of Attorney and Advance Health Care Directive Workshop
Foreclosure and Short Sale Secrets
Sell Your Home for Top Dollar

Exercise and Fitness

Aerobic Total Body Conditioning
Chair Yoga – Gentle Movement
CrossFit
Exercise using the Ballet Barre
Golf – Beginning Level I
Golf - Intermediate
Mat and M.E.L.T. Method for All Levels
Mat Science
Move It
Pilates, Zumba & More!
Pilates, Zumba & More for Seniors!
PiYo Live
Restorative Myofascial Release (MELT to Better Health)
Slim and Trim to Music
Tai Chi for Arthritis
Tai Chi for Arthritis – Beginning I
Tai Chi for Arthritis – Beginning II

Tai Chi for Arthritis – Beginning
Tai Chi for Arthritis - Intermediate
Un-Believe-a-Ball
Yoga: Yoga and Ergonomics for Office Workers
Yoga – Chair Yoga – Gentle Movement
Yoga – Gentle Yoga
Yoga (Hatha) – Everything Starts at the Core
Yoga (Hatha) – Everything Starts at the Core Yoga – Hatha (Iyengar)
Yoga – Iyengar Yoga
Wing Tsun Kung Fu Self Defense

Foreign Language

French - Beginning
French – French for Beginners
French for Travelers
French – Intermediate/Advanced
French – Continuing
Italian – Travels Italian Workshop – Beginners Level
Italian – Beginners- Level I
Italian – Continuing – Level II
Italian – Italian Language Level II
Beginning Spanish
Spanish - Beginners
Spanish - Continuing
Spanish- Spanish for Travelers

Music and Voice

Beginning Acoustic Guitar
Beginning Guitar
Beginning Guitar II
Beginning Piano/Keyboarding
Recreational Folk Guitar
Music Appreciation
The Basics of Good Singing
Ukulele – Beginners
Voice-Overs...Now is your Time!

Photography

Mastering Digital Photography Advancing Your Photography

Quilting and Sewing

Quilting – Quilting Basics for Beginners
Quilting – Intermediate
Quilt for Hospice and Community Needs
Sewing – Introduction to Sewing
Sewing – Alterations Workshop
Making a Halloween Costume
Sewing – Open Studio

Travel

Cultural Studies for the Traveler
Traveling South America

Working with Wood

Woodcarving

Woodcarving Water Fowl and Wildlife

Woodturning 101- Introduction to Woodturning Survey

Woodturning 101 – Introduction to Woodturning

Woodturning 201 – Basic Bowl Turning

Woodturning – 301- Bowl Turning

Woodturning – 301-Green Bowl Turning

Woodturning 301 – Advanced Green and Natural Edge Bowl

Woodturning – 401 Intermediate Hollow Vessels

Woodturning – Bird House Holiday Ornaments

Woodturning – Building Vacuum Chucks

Woodturning – Coloring your Work

Woodturning – Epoxy-Based Inlays

Woodturning – Advanced Pens

Woodturning – Advanced Slimline Pens

Woodturning – Carving on Woodturnings

Woodturning – Hollow Holiday Ornaments

Woodturning – Make a Custom Handle

Woodturning – Off Center Lidded Box

Woodturning – Spindle Work and Advanced Bottle Stoppers

Woodturning – End Grain Techniques: Hollow Forms and Boxes

Woodturning – Learning to use the Vermec Multi-Center Chuck

Woodturning – Multi-Axis Projects

Woodturning – Turning a Bowl with a Segmented Ring Top

Woodturning – Turning an Off-Center Bowl

Woodturning – Chain Saw Introduction

Woodturning – Decorative Vessels from a Tagua Nut

Woodturning – Independent Projects Open Shop

Woodturning – Introduction to Lidded Boxes

Woodturning – Professional Demo Night with Pizza and Salad

Woodturning – Tool Making for Woodturners

Woodturning – Tree ID

Woodturning – Turning Finials

Woodturning – Turning from a Log

Woodturning – Diablo Woodworkers

Woodturning – Log to Lathe

Woodturning – Professional Demo Night with Pizza and Salad

Woodturning – Sharpening Lathe Tools

Woodturning – Independent Projects Open Shop

Wood Turners – Diablo Woodworkers

Woodworking – Introduction to Woodworking Part I

Woodworking – Introduction to Woodworking Part II

Woodworking – Building Classic Furniture

Woodworking – Classic Finishing Techniques

Woodworking – Woodworking – Cutting Dovetails

Woodworking – Community Service Group

Woodworking – Emphasis Hand Tools

Woodworking – Independent Project Open Shop

Woodworking – Projects for Home and Yard

Woodworking – Making Beautiful Boxes

Woodworking – Making Beautiful Boxes, Part II
Woodworking – Master Series: Tools and Techniques
Woodworking – Master Series: Projects
Woodworking – Mortise and Tenon Joinery
Woodworking – Restoring Old Bench Planes
Woodworking – Router Fundamentals
Woodworking – Secrets to Successful Glue Ups
Woodworking – Sharpening Chisels and Plane Blades
Woodworking – Sharpening Hand Tools – Planes and Chisels
Woodworking – Tuning and Repairing Woodworking Equipment
Woodworking –SketchUp Interest Group
Woodworking –Start-up Tools for Beginning Woodworkers
Woodworking – Diablo Woodworkers
Woodworking – Visit Open Woodshops

Gardening

Gardening – Irrigation – Design, Installation and Maintenance
Gardening – Pruning – Trees and Shrubs
Gardening – Tree Tour

Health and Self-Improvement

Tell Your Story – Memoir Writing Workshop
Creative Writing
Mindfulness: Life is happening right now.....pass you by?
Open House Art & Craft Sale
Eating Well on a Budget
Healing Your Self-Esteem
Healthy Eating: Strategies for One
Organize Your Way to a Stress-Free Holiday Season
My Medicine Cabinet
Set Goals and Take Charge of Your Life!
Specific Strategies for Managing Holiday Anxiety
Weight Loss: Learn What Really Works
What Color is Your Mind?
What Shape is Your Heart?
Where Do You Really Live?
Healthy and Delicious Summer Fare
Healthy Eating for Weight Loss
Feng Shui
Organize Your Way to a Stress-Free Holiday Season!
Simple Organizing
It's OK to Let Go!
Roadblocks to Organizing Organize Your Garage in No Time!
So Much Paper, So Little Time
All that Paper, All Those Piles
Consumer Beware – Food Products May be Hazardous to Your Health