

# BEYOND220

2012 COMMUNITY EDUCATION PROGRAM • WINTER SESSION

## ARTS

### CERAMICS

For adults with or without experience in working with clay. Projects are individual, with self expression of art emphasized. Classes have demos of hand building and throwing on the potter's wheel. The studio provides potter's wheels, a slab roller, extruder, glazes and kilns. Clay available through the paid lab fee. Students supply their own tools. Lab fee: \$25.00.

*Instructor · Bob Wilson*

*8 sessions · \$130 · Room E263*

*A-111 · TH · 7:00-9:30 pm · 1/26 – 3/15*

*A-112 · TH · 7:00-9:30 pm · 3/29 – 5/17*

### BEGINNING BRIDGE

Always wanted to play Bridge? It's a great way to spend those long winter nights! Sign up and learn the basics of this timeless, classic card game. You'll have a skill for life.

*Instructor · Debra Schoendorf*

*8 sessions · \$40 · BHS Faculty Cafe*

*A-180 · TU · 6:30-8:30pm · 3/6 – 5/1 no class 3/27*

## HEALTH AND FITNESS

### YOGA FOR EVERY B-O-D-Y

Substantial research has been conducted showing the benefits of yoga. This all level class will focus on ways to reduce stress and relax through breathing and meditation. We will use poses that improve strength, help you be more energetic, and flexible, thus promoting health and well being. Mats provided. Bring a large towel.

*Instructor · Kathleen Rankhorn, RYT*

*4 sessions · \$40 · Room E290*

*H-340 · TU · 6:15-7:15 pm · 1/31-2/21*

### BALLROOM DANCING 201

Is Dancing with the Stars in your future? Join this beginning level class and soon you'll be the first on the dance. Learn the Waltz, Fox Trot, Swing, and Cha-Cha. You'll dance to the music from Big Bands, movie classics, and contemporary tunes. Partners are required.

*Instructor · Teri Popp*

*8 sessions · \$110/couple · BHS Café*

*H-310 · TH · 7:00-8:30 pm · 2/2-3/22*

### BALLROOM DANCING 301

Now that your feet can't stop dancing – this class will concentrate on perfecting the steps learned in the Ballroom 201 class and adds a few more advanced steps for the waltz, fox trot, swing, and tango. Previous dance experience and a partner needed.

*Instructor · Teri Popp*

*8 sessions · \$110/couple · BHS Café*

*H-310 · TH · 7:00-8:30 pm · 3/29-5/17*

## FINANCE

### PREPARING FOR RETIREMENT

Have you ever thought of retiring? Whether you are 25 or 55, this course will examine the financial resources that you will need to retire comfortably. Topics include: Assessing your retirement needs, Social Security, Pensions, and Investments. This overview will get you thinking and help you prepare your own retirement plan. Come to class with your own Social Security statement if possible, but not required.

Long term care as well as different types of retirement plans will also be explained along with their pros and cons: 401(k), 403(b) 457(b), IRAs, Roth IRAs and Roth 401(k)s, and more.

*Instructor: Jock Cameron, CFP- Certified Financial Planner.*

*1 session · \$20 · Room W208*

*F-101 · TH · 6:30 – 8:30 pm · 3/8*

*F-102 · TH · 6:30 – 8:30 pm · 4/12*

### RETIREMENT PLANNING AND INVESTING

Retirement investing is significantly different than when you were working to reach retirement. Objectives are different, issues are different, and your investments need to be different. After discussing frequently asked questions, major risks, and significant mistakes concerning retirement finances, you will discuss creating an orderly retirement plan. You will explore how questions can be answered, how to avoid risks and mistakes, and how an organized plan can let you take control with the aim of making your money last a life-time.

*Instructor · Charles Schmitz, Financial Planner & Investment Advisor*

*1 session · \$20 · Room W208*

*F103 · W · 7:00 – 9:00 pm · 3/7*

### UNCOMFORTABLE THINKING ABOUT MONEY?...IN THESE UNCERTAIN TIMES.

Are you ignoring your account statements afraid of what you'll see or looking and scared of what you found? Are you uncertain about what to do?

We will discuss issues of what to do and what not to do, and if necessary, how to rehab your current investments. Find out when to protect, when to invest, and when to rebuild. The objective is to see that your money is best positioned and working for you at this time of the economy and beyond. Spouses invited to attend at no additional charge.

*Instructor · Charles Schmitz, Financial Planner & Investment Advisor*

*1 session · \$20 · Room W208*

*F104 · W · 7:00 – 9:00 pm · 2/8*

### LONG TERM CARE

Learn the difference between Long Term Care, Medicare, Medicaid, and private insurance.

*Instructor · Brenda Streicher, R.N.,M.B.A., Certified Financial Planner*

*1 session · \$20 · Room W208*

*F105 · TH · 7:00 – 9:00 pm · 2/16*

