

Practical & Fun



Extreme Couponing

Instructor: To be announced

Learn how to save on your monthly grocery bill by learning the skill of couponing. This workshop focuses on how to maximize your savings while shopping for daily essentials. Topics include: Building a stockpile, using digital coupons, stacking coupons, grocery freebies, and making money while grocery shopping.

Fee: \$15.00 **Participants are encouraged to bring their smartphones and old grocery receipts*



Machine Sewing 101

Instructor: To be announced

This class will cover topics such as the importance of fabric choice and what to look out for when choosing fabrics, measurements and sizing, preparing fabric, layout and following patterns, basic sewing techniques.

Fee: \$15.00 **Students must bring their own fabric, basic sewing supplies, & a notebook.*

Upcycling: Refashioning, & Repurposing

Instructor: To be announced

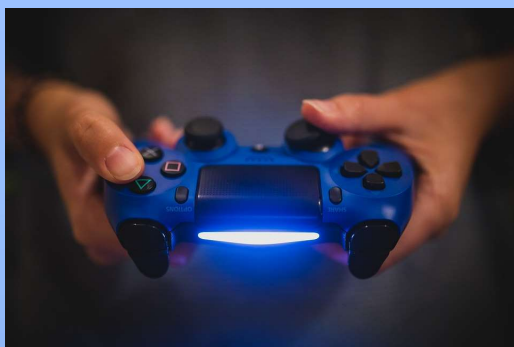
Upcycling is a specialized course designed to equip students with all the necessary skills to enable them to turn old clothes into completely new items

of clothing. This is a fantastic course for people who want to be able to alter and change their clothes into a one of a kind piece.

Particular attention will be paid to the importance of fabric choice understanding measurements of the body, reshaping necklines, armholes, darts, tucks, gathers, pin tucks bias binding zip insertions and many more sewing techniques used for adjusting and finishing garments.

Fee: \$15.00 **Students must bring in old clothing to be reworked.*





Hitting Buttons: Intro to Competitive Fighting Games

Instructor: To be announced

Participants will take a brief glimpse into the world of competitive fighting games, and how to understand its intricacies and basic universal concepts.

Fee: \$15.00

Minor Home Plumbing Repairs

Instructor: To be announced

Participants will be able to identify and learn the inner parts of a toilet tank, faucet, and water heaters. A hand out will be available with important information about Residential Plumbing and water heating. **Bring materials to take notes.*

Fee: \$15.00



Personal Development

Communication/Relationship Development Skills

Instructor: To be announced

This course will cover topics such as resolving conflict, validating others, adjusting to difficult situations, self-awareness during conversation, and managing anger. **Bring materials to take notes.*

Fee: \$15.00

****Minimum of 20 people****

Social Media Safety, Branding, and Best Practices:

Instructor: To be announced

Social media sites exist so that you can share ideas, comments, photos, videos and links with people who aren't sitting next to you. Some social media sites are for sharing with a select group of friends and others let you post publicly. Sharing things can be fun. You learn things, and it can be a great way to connect with people. But, beware of the pitfalls of over-sharing.

This workshop will share the pitfalls that can occur when people over share and some creative ways to use Social Media to establish a positive personal brand.

Fee: \$15.00

In the Kitchen



Cake-pops

Instructor: To be announced

Participants will learn how to make and decorate cake-pops the easy way!

**Bring your aprons & a container to take your creations home!*

Fee: \$25.00 ***15 people maximum



Creaming Method with Chocolate Chip Cookies

Instructor: To be announced

Understanding the creaming method which is used to make chocolate chip cookies and many other items in baking. You will learn how to properly prepare a recipe for chocolate chip cookies, importance of consistency when baking and the importance of oven temperatures.

Fee: \$25.00

Creative Cake Design

Instructor: To be announced

In this workshop, participants will develop the skills for working with fondant. They will learn essentials such as how to cover a cake with fondant and techniques to create and cut shapes.

Fee: \$25.00 ***15 people maximum



***Essential Plated Desserts

Instructor: To be announced

Participants will learn how to apply design principals to successfully compose a plated dessert.

Fee: \$15.00

Health & Fitness

Gentle Yoga and Meditation for Stress Reduction

Instructor: To be announced

Students will be guided through a meditation and a gentle yoga practice followed by savasana. They will be taught various breathing techniques to

reduce stress, be more present and feel an overall improvement in their well being. Great for students of ALL LEVELS!

Fee: \$20.00 **Athletic attire and a towel are required.*



Physical Conditioning and Body Awareness

Instructor: To be announced

Similar to yoga and stretch classes, I teach a "floor barre" in the tradition of Zena Rommett that emphasizes body alignment, strength conditioning, stretch and some meditation and breathing focus exercises. Great for all

levels, especial beginners and person that are not typically working out!

Fee: \$20.00 **Athletic attire and fitness socks are required.*



Introduction to Bachata Dancing

Instructor: To be announced

Step into a whole new world with one of the most popular Latin American dances. Bachata is hot, spicy, and easy to learn. Not only is it fun and energetic, it is a great workout. This class will introduce you to the basic steps, turns, timing, and lead/follow techniques necessary for further learning.

Fee: \$20.00

Educational

Science Experiments and Demonstration for Families

Instructor: To be announced

Participants will engage in fun science activities while learning basic foundations of interesting science topics.

Fee: \$15.00

Literary Theory: the Basics

Instructor: To be announced

Literary theory enables one to examine a text using various lenses like marxism, feminism, and deconstruction to determine the underlying thread holding that text together. The skills needed are usually associated with teachers of the humanities, that is how Western culture has evolved since World War 2.

Fee: \$15.00