

Personal Interests

Yoga

Yoga is designed to connect the mind and body. You will benefit from this class whether you are a new student learning the basics or you are more experienced. Class will focus on strength and balance movements designed to increase flexibility and reduce stress. This class is appropriate for all fitness levels. Wear comfortable clothing and don't forget to bring a yoga mat to class.

10- Week Session

Tuesdays & Thursdays, May 31st – August 4th

5:00 pm – 6:15 pm

Fee: \$68 (below age 50)/ \$34 (ages 50 – 58)/ No Charge (60+)

HPER-2

5- Week Session

Monday – Thursday, July 5th – August 4th

10:00 am – 11:15 am

Fee: \$68 (below age 50)/ \$34 (ages 50 – 58)/ No Charge (60+)

HPER-2

How to Sell on eBay the Right Way!

This interactive workshop is designed to take you from registering on eBay and PayPal all the way through to collecting your funds. Writing a proper title with keywords, writing a great description, researching what to sell, and how to take proper pictures are just a few of the topics that will be covered.

Thursday, June 10th

5:30 pm – 8:30 pm

Fee: \$19

Learning Resource Center - Room B129



Who Do You Think You Are?

Genealogy I: Basic Research

Starting the search for your family's roots can be a daunting task. The good news is that there are lots of resources available that can help you find important records, keep yourself organized, and gather the stories and materials that will help you document and share your family's legacy. Learn how to collect and verify what you already know of your family origins. Ernie Christensen, an expert in genealogical research, will help you discover where to look for additional records; how to obtain and search the records; how to use the information; and how to best organize your research. Requirements: PC competency. Bring information on your family, including parents and grandparents. Also bring a flash/jump drive for saving your data.

Saturdays, June 5th and 12th

10:00 am- 12:00 pm

Fee: \$64

L112

Marlene Zaleski "For the Love of Pete" Lecture / Book Signing

Join former Forrest Citian, Marlene Zaleski for a Brown Bag Book Lecture featuring her book, For the Love of Pete. Marlene started keeping a journal when her husband, Pete, was first diagnosed with amyotrophic lateral sclerosis (ALS). After he passed away in 2003, Zaleski turned her experiences into a book and is donating 100% of the book proceeds to the ALS group Augie's Quest, which focuses on finding a cure for the disease. Brown bag lunches are welcome!

Thursday, May 20th

11:30 am – 12:30 pm

Fee: No Charge

Lecture Hall