

Personal Interests

Aerobics

Don't be a couch potato! Join certified aerobics and CPR trained Betty Brady and burn body fat and tone muscles with an energizing workout. Betty will incorporate Pilates into the workout with focus on improving flexibility and strength.

Mondays and Wednesdays, January 9th – May 2nd

5:15 – 6:15 pm

Fee: \$100

EACC Gym

AR Concealed Carry Course

Taught by certified concealed handgun safety instructors, this course offers a safe, friendly environment for Arkansas residents to qualify to conceal a handgun with a permit (license). Classroom experience and firing qualification (to be held at a local range) meets the requirements of Arkansas Act 419 of 1995. Participants must be 21 years of age and a resident of the State of Arkansas.

Saturday, March 3rd

9:00 am – 2:00 pm

Fee: \$85 (first time), \$55 (renewal)

Classroom Building 2-Lab 3

iPhones® ... I'm Lost!

There is so much more you can do with an iPhone® besides making phone calls, sending text messages and browsing the web! While this gadget is cool, we first need to figure out how to use it! In this workshop, you'll learn to set up your iPhone® to email, use WiFi networks, Bluetooth®, and iTunes®. You'll also learn how to take pictures, send them to friends, install apps and make your iPhone® even smarter.

Monday, March 5th

6:00 – 8:00 pm

Fee: \$15

EACC Fine Arts Center – Black Box

Tips and Tricks... How to Use Your iPad®

Get a better understanding of how to use your iPad®, both at home and on the go. This workshop will help you become more familiar with how it works and what it can do. Learn how to use Apps to enhance your productivity and have fun! Instructor Susan Ligon will go over the basics and introduce you to various tips and tricks to make sure that you know how to take advantage of these electronic marvels. Be sure to bring your own iPad® to this workshop!

Tuesdays, April 3rd & 10th

6:00 – 8:00 pm

Fee: \$30

EACC Fine Arts Center—
Black Box



Food and Nutrition

Are you struggling to eat healthy, stay active and feed your family well in this crazy economy? Let us help you! The University of Arkansas, Division of Agriculture offers the Expanded Food and Nutrition Program (EFNEP), a proven cost-effective nutrition education program for your family. EFNEP programs provide a series of lessons based on MyPyramid and the Dietary Guidelines for Americans. Learn ways to stretch your food dollars, shop wisely, store your food safely, and plan nutritious meals and snacks and take-home information, cooking gadgets, and healthy recipes.



Wednesdays and Thursdays, January 11th – April 19th

10:30 am - 1:30 pm (Drop In)

Fee: No Charge

Classroom Building 1 – Room 107

Southwest Safe Driving Course

By successfully completing this 4-hour course, adults ages 55 and over can reduce their insurance premiums. Instructor Don McKenzie of Southwest Safe Driving will update your driving knowledge and skills, as well as provide additional information concerning new and changing laws. This course is beneficial for people of all ages. For more information or to register for this course, contact Don McKenzie by calling 870-238-8095 or 501-940-3404.

Saturday, February 4th

9:00 am – 1:00 pm

EACC Wynne Site- Room E137

Saturday, April 7th

9:00 am – 1:00 pm

Classroom Building 1 – Room 107 (EACC Forrest City Campus)

Instant Piano for Hopelessly Busy People

Learn the secrets and magical shortcuts of professional piano players. In just one enjoyable afternoon, you will learn all the chords necessary to play any song, any style, and any key. If you can find middle C and know the meaning of "Every Good Boy Does Fine," you already know enough to enroll in this workshop.

Tuesday, April 17th

12:30 – 4:00 pm

Fee: \$50 (a \$25 supply fee will be collected by the instructor)

Classroom Building 1 – Room 107