

It's an **EXPERIENCE** for all generations.



ORCHARD VIEW ADULT ENRICHMENT

FALL 2017

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Family Fun

Enrichment classes for all ages.....let's have some fun.....

Paws With A Cause

Designed for those volunteers sponsoring and training puppies to become Paws With A Cause service dogs. Please join *Cindy Holmes, instructor*, for this FREE class. Preregistration is required by calling 231-760-1350

Location: OV Com Ed, 1765 Ada, Gym

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Tuesdays	6:30-8p	FREE

Dog Obedience

Cindy Holmes and Kim Wood, instructors, have been helping man's best friend experience socialization with other dogs, people, and distracting activities for many years. Using positive reinforcement your furry friend will learn to sit, get down, stay, come, leave it, take it, wait, eye contact and loose-leash walking. Proof of vaccination is required at the first night's class. Please bring your furry friend on a solid leash (not retractable.) 8 week class.

Location: OV Com Ed, 1765 Ada, Gym

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Mon, 9/11-10/16	6-7p	\$67
Mon, 10/23-11/27	6-7p	\$67

Therapy Dog Training

Therapy dogs come in all sizes, ages, and breeds. The most important characteristic of a therapy dog is its temperament. A suitable therapy dog MUST be friendly, patient, confident, gentle, and at ease in unfamiliar situations. They must enjoy human contact and being handled by unfamiliar children and adults. If this sounds like your dog, come join us for this four week class focusing on canine-assisted pet therapy. Our class is designed to prepare you and your dog for this rewarding volunteer opportunity! Dogs need proof of vaccinations, possess basic obedience skills and be comfortable around other dogs. Classes are scheduled on a as needed basis. Call 231-760-1350 *Instructors: Cindy Holmes & Kim Wood*

Location: OV Com Ed, 1765 Ada, Gym

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Mondays	7-8p	\$45

Free EZ Defense for Women

A highly specialized, easy to learn personal protection program for ages 13 and up. This skill will help you to avoid violence in over 97% of the time. A great class for college bound women.

Instructor: Fred Reinecke

Location: OV Cardinal El Gym/Cafeteria 2310 Marquette Rd

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Tues 9/19 Card El Gym	6:30p-8p	FREE
Thurs 9/28 Card El Cafeteria	6:30p-8p	FREE

Noodle Fencing

A low or no impact full body exercise program/game. Equipment needed is a swim noodle or they will be included on site for \$1.00. Bring a friend to maximize your enjoyment.

Instructor: Bob Graham

Location: OV Community Ed Conference Room

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Tues 9/26-10/31	6-7p	\$30

Reversible Table Runner

A beautiful addition to your holiday table. This is a two day class but you may finish in just one. *Instructor, Brenn Fricano.*

Location: OV Com Ed, 1765 Ada, Room 14

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Mon 10/2 & 10/4	5-9p	\$29



Great Classes ~ Cont...

Cathedral Window Denim Quilt

Transform old jeans (or use plain fabric) and your favorite scraps into an “in-jeanious” quilt. It is all done with circles and squares. This makes a large throw size quilt size 60x70 but can be adjusted to other sizes. Please bring your own basic sewing tools such as scissors, pins rotary cutters and sewing machine if you have them. If not you can borrow our machines and tools. Bring matching thread. Call for a supply list. This is a 5 week class. *Instructor: Brenn Fricano*

Location: OV Com Ed, 1765 Ada, Room14

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Thurs, 10/5—11/9	5-9p	\$37
No class on 10/12		

Christmas Fairy Garden

A beautiful garden for children of any age. 3 succulents and 3 Christmas figures. If you have figures you would like to bring you are welcome to. *Instructor: Martha Bottomley*

Location: OV Com Ed, 1765 Ada, Rm 16

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Thurs 11/9	6-8p	\$30

Basic Sewing I

Instructor: Brenn Fricano

This is a 4 week basic sewing class intended to help you learn how to sew. You will also learn how to thread and take care of your machine. We will be making a potholder, a seasonal table runner and a pillowcase. All materials included.

Location: OV Com Ed, 1765 Ada, Room 14

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 10/18-11/8	5-8:00p	\$37

Basic Sewing II

Instructor: Brenn Fricano

You have the basics and now it is time to put your skills to use. We will show you how to complete a project from start to finish. Includes; choosing a project, pattern, adjust it if needed, the proper way to cut it out and complete all sewing. We have sewing machines available but you can bring your own. Materials for projects are not included in cost of class.

Location: OV Com Ed, 1765 Ada, Room 14

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 11/15—12/13	5-8:00p	\$32
No Class on 11/22		

Be Creative

Class Ideas???

We are always looking for new class offerings. If you have a class idea, please contact our office at 760-1350 or 760-1342.

PiYo

A total-body fitness workout designed to get you in shape from head to toe. It combines the practices of Pilates and Yoga to help you build strength, lose weight, increase flexibility, gain balance and have a great time doing it.

Instructor : Julie Voorhies (6 week class)

Location: OVEE Gym 2820 MacArthur Rd.

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 10/18-12/6	4-5p	\$50
No class 11/1 and 11/22		

Total Body Cardio

Interval training class using your entire body as hard as you can for 3 minute intervals with 30 second periods of rest in between. You determine your space/pace as well as your intensity and workout level to make this workout “work” for you.

Instructor: Julie Voorhies (6 week class)

Location: OVEE Gym 2820 MacArthur Rd.

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 10/18-12/6	5-6p	\$50
No class 11/1 and 11/22		

Quilted Holiday Ornament

This is an easy no-sew project that looks like it took hours to make. We will be making a Christmas ornament (8 inch circle) but you can change the look by the fabric you choose. All materials included. *Instructor: Brenn Fricano*

Location: OV Com Ed, 1765 Ada, Room 14

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Mon 11/20	5:30-9p	\$22

We have moved to a new on-line registration system. You can now register with ease from the comfort and convenience of your home.

Please access our website at www.orchardviewce.org and click the link in the lower left hand corner.

First time users will need to create an account. Please call us at 760-1350 for needed assistance.

Explore your creativity with our great classes!

Planning a Family

Know your options for pregnancy and birth in advance. Learn about optimizing fertility and child spacing, options for healthcare and more.

Instructor: Faith Groesbeck from www.birthquest services.com

Location: OV Com Ed, 1765 Ada, Conference Room

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 9/27	6-7p	\$10

Raising Smart Kids

For many generations parents had only their own experiences to rely on for guidance. Today we have lots of research on strategies to develop the minds of children from conception to infancy and beyond.

Instructor: Faith Groesbeck from www.birthquest services.com

Location: OV Com Ed, 1765 Ada, Conference Room

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 10/4	6-7p	\$10

Finding Childcare

While some people are blessed with local, trustworthy, extended family to help them with caring for small children, others are not so lucky and must reach out to unknown people for help. This class will cover the various options for care, state regulations, local resources and more.

Instructor: Faith Groesbeck from www.birthquest services.com

Location: OV Com Ed, 1765 Ada, Conference Room

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 10/11	6-7p	\$10

Navigating the Healthcare System

In recent years, the Affordable Care Act provided insurance to millions of people, many for the first time in their adult lives. Even with coverage, selecting options for healthcare can feel daunting. This class will provide information about local healthcare systems, the differences between providers based on education, training and specialization and give tips on what to look for in a provider based on individual needs.

Instructor: Faith Groesbeck from www.birthquest services.com

Location: OV Com Ed, 1765 Ada, Conference Room

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Wed 10/18	6-7p	\$10

Karate and Self Defense for Families

A class designed to help people of all ages learn the Martial Art of karate and karate based self defense. An activity and exercise program that all family members can benefit from. While we use the word in the title, individuals can also participate in this class. The benefits of karate are increased physical fitness, self confidence, self discipline. Some additional subject for the students will include: Stranger Danger and Bully Busters for children and EZ self defense for adults.

Instructor: Fred Reinecke

Location: OV Card El 2310 Marquette Rd Gym

<u>Day-Dates</u>	<u>Time</u>	<u>Price</u>
Tues 10/3-10/24	6:30-8p	
Price: Individuals \$45 per 4 weeks		
Families \$45 for 1st member and \$5 each additional		



WEATHER RELATED CLOSURES — If the Orchard View School District closes due to severe or inclement weather, all activities offered by Orchard View Community Education will also be cancelled. When possible, classes will be rescheduled.



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10-2 & 10-4**



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11/20**

