

CITY OF THORNTON ADULT ENRICHMENT CLASSES

Arts & Crafts

BOB ROSS OIL PAINTING

In this workshop, you will learn the wet-on-wet method of oil painting, perfected by Bob Ross, through step-by-step instruction. All supplies are included. Fees: \$45R/\$48NR per session.

236201-A	Sa	May 5	9 a.m.-1 p.m.	TSC
236201-B	Sa	Jun 9	9 a.m.-1 p.m.	TSC
236201-C	Sa	Jul 14	9 a.m.-1 p.m.	TSC
236201-D	Sa	Aug 18	9 a.m.-1 p.m.	TSC

CLAY SCULPTURE

Discover and nurture your talent as a sculpture artist and the world of sculpting animals, plants or the human face and figure out of clay will open up before you. Learn to use clay as armature and we'll use models, pictures and our imagination for inspiration. This is a class for all levels of ability, so you can take it again and again to improve your skill and finish your projects from the previous month if needed. Beginners will make at least one finished sculpture. Tools will be available for the first class. Class Fees: \$50R/\$53NR (per 4-week session). Materials fee: \$15 (payable at first class to cover clay and glazes.)

236239-A	We	May 2-23	7-9 p.m.	TSC
236239-B	We	Jun 6-27	7-9 p.m.	TSC
236239-C	We	Jul 11-Aug 1	7-9 p.m.	TSC
236239-D	We	Aug 15-Sep 5	7-9 p.m.	TSC

PORCELAIN DOLLS & CERAMICS

Whether you want to create a beautiful porcelain doll or figurine, or paint a decorative ceramic piece, this class is for you. Learn the latest techniques and brush strokes. Fees: \$21R/\$24NR for 4-week session; *\$26.50R/\$29.50NR for 5-week session

236230-A*	Tu	May 1-29	6-8 p.m.	TSC
236230-B	Tu	Jun 5-26	6-8 p.m.	TSC
236230-C*	Tu	Jul 3-31	6-8 p.m.	TSC
236230-D	Tu	Aug 7-28	6-8 p.m.	TSC

ADULT ENRICHMENT CLASSES

Registration for all adult program classes that are held at either the Thornton Senior Center (TSC), the Thornton Community Building (TCB), or the Thornton Arts and Culture Center (TACC) begins Tuesday April 17, at 8 a.m. and ends up to three days prior to the class unless otherwise noted. For detailed descriptions of the following classes, visit www.cityofthornton.net, click on Online Services, then choose Sign Up for a Recreation Class. For registration policies see page 58.

FACILITY ADDRESSES

Carpenter Recreation Center (CRC), 11151 Colorado Blvd., 80233
 Thornton Community Center (TCC), 2211 Eppinger Blvd., 80229
 Thornton Senior Center (TSC), 9471 Dorothy Blvd., 80229
 Thornton Community Building (TCB), 2141 E. 95th Ave., 80229
 Thornton Arts and Culture Center (TACC), 9209 Dorothy Blvd., 80229
 Front Range Community College (FRCC), 3645 W. 112th Ave., Westminster, 80031

WE'RE LOOKING FOR INSTRUCTORS

Do you have knowledge of a particular subject, skills or hobbies you would love to share? Please call Andy Nauman at 720-977-5853 or email at andrew.nauman@cityofthornton.net.

PAINTING WITH ACRYLICS

Discover your inner artist with beautiful bright acrylic color — the perfect medium for people of all skill levels. Acrylic paints are extremely long lasting. Learn acrylic painting techniques, basics of color, shape, texture and value and create a painting to take home. Bring a prepared 16x20 canvas and your own acrylic paints and brushes if you have them. Materials and materials list provided for the first session. Fees: \$50R/\$53NR

236237-A	Tu	May 1-22	7-9 p.m.	TSC
236237-B	Tu	Jun 5-26	7-9 p.m.	TSC
236237-C	Tu	Jul 10-31	7-9 p.m.	TSC
236237-D	Tu	Aug 7-28	7-9 p.m.	TSC

OIL PASTEL PAINTING AND DRAWING FOR THE PAINTER

Sharpen your drawing skills in this fun class. We will use charcoal for design and practice. Oil pastel is a versatile medium that is both colorful and forgiving. Susannah Vandyke is an experienced teacher who will help you create a beautiful design. Sketch book 9x12 or larger, charcoal, kneaded eraser, Watercolor paper tablet, bristle brush #4, odorless turpentine and container and a 50 piece box of Pentel oil pastels. Hobby Lobby sells all supplies. Fees: \$40R/\$43NR

236238-B	Th	Jun 7-28	6:30-8:30 p.m.	TSC
236238-C	Th	Jul 5-26	6:30-8:30 p.m.	TSC

Dance

COUNTRY LINE DANCING

Great fun, great exercise, and no dance partner needed for this popular style of dancing. We'll start with very basic steps and progress at a comfortable pace toward more advanced techniques. Fees: \$28R/\$30NR per 8-week session. *Class on August 16 at TSC.*

236309-A	Th	May 10-Jun 28	7-8:30 p.m.	TACC
236309-B	Th	Jul 19-Sep 6	7-8:30 p.m.	TACC

AFTERNOON LINE DANCING

Drop-in line dancing every Thursday afternoon, from 12:45-1:45p.m. The drop-in fees are \$2.75R/\$3.25NR (Ages 54 and under: \$4R/\$4.75NR) per class. Location: TACC

ADULT BALLROOM SAMPLER I & II

Level I dancers will learn popular dance styles such as: Rumba, Swing, Fox Trot & Waltz. Level II dancers will focus on dance styles of choice. Class is taught in a social setting where frequent partner exchanges occur. A partner is not required.

Session 1:	Jun 6-27	\$24R/\$29NR	
Session 2:	Jul 11-Aug 8*	\$30R/\$36NR	
227591-E	We Level I	6-7 p.m.	CRC
227591-F	We Level II	7-8 p.m.	CRC

SALSA I & II

Level I dancers will learn basic Salsa steps through a social dance setting. Level II students will continue to focus on technique and complex footwork. A partner is not required.

Session 1:	Jun 4-Jul 2	\$24R/\$29NR	
Session 2:	Jul 9-Aug 6*	\$30R/\$36NR	
227592-A	Mo Level I	6:45-7:45 p.m.	TCC
227592-B	Mo Level II	8-9 p.m. (second session only)	CRC

CITY OF THORNTON ADULT ENRICHMENT CLASSES

Financial

WILLMAKER LEGAL SEMINAR

Get your will, medical and financial power of attorney, and organ donor card completed and notarized in one session.

Fees: \$99R/\$119NR

216900-E1 We Jun 27 6-9 p.m. CRC
216900-G2 Th Jul 19 6-9 p.m. CRC
216900-K3 Sa Aug 11 10 a.m.-1 p.m. CRC

LONG TERM CARE INSURANCE

Retirement is for enjoying your family, not depending on them. Learn more about funding options for long term care and how long term care insurance can help preserve your assets. FREE!

216910-G1 Th Jun 28 7 p.m. CRC
216910-A1 Mo Aug 13 10:30 a.m. CRC

401K ROLLOVER

This free educational seminar teaches how to handle your 401K, pension or other employer sponsored retirement plan. When you leave your job this is one of the most important financial decisions you can make. FREE!

216911-A1 Mo May 14 7 p.m. CRC
216911G1 Th Jul 26 7 p.m. CRC

HOW TO GET OUT OF DEBT IN 5-7 YEARS, INCLUDING YOUR MORTGAGE

Learn to create wealth using your current debt. Join over 1,000,000 others who have discovered how to pay off all their debts (including mortgage) in about 5-7 years with the money you currently make. Leave class knowing when YOU will be out of debt by following this simple linear math plan. The average person is out of debt in about six years, saves over \$100,000 in interest, and will learn how to build about \$1.2 million in savings by their retirement. This is NOT a tax or investment seminar. This is NOT a budgeting workshop. This does not require a second job. THIS IS a debt elimination workshop, and it works for everyone. Whether you earn \$20,000 per year or \$100,000 per year, you can learn to live a STRESS-FREE lifestyle. Bring a list of your debts to the workshop and bring a calculator. Course fee includes a 200+ page textbook (Debt-Free and Prosperous Living) and a 16-page workbook (\$44 value). Fees: \$70R/\$73NR individuals; \$100R/\$106NR couples

236905-A Th Jun 14 6-9 p.m. TSC

PATH TO HOME OWNERSHIP IN TODAY'S MARKET

Are you wondering how you're ever going to be on the path to home ownership? This class will arm you with the knowledge about what it takes to obtain financing, how to improve your credit score, what it means to overcome a past bankruptcy or short sale, and the process of wise shopping in the house hunting process. Gain easy to understand information on the reality of real estate today, learn about financing a home, how credit scores impact your buying power, and how to navigate a purchase in today's market. Presented by a Beverly Yantorno, licensed Colorado Realtor, and Anita Martinez-Trumm, licensed Mortgage Professional.

Class fees: \$20R/\$22NR per person; \$35R/\$39NR per couple

236906-A Tu May 22 6:30-8:30 p.m. TSC
236906-B Tu Jun 26 6:30-8:30 p.m. TSC
236906-C Th Jul 12 6:30-8:30 p.m. TSC

Health, Fitness & Wellness

VINYASA YOGA

Come explore balancing poses, hip and shoulder openers, backbends, inversions, and other varieties of yoga postures using the breath as a guide. This class is designed for all levels and abilities. Fees: \$29R/\$32NR for 6-week session *No class Aug 9

236701-A Th May 10-Jun 14 5:45-7:15 p.m. TSC
236701-B Th Jun 21-Jul 26 5:45-7:15 p.m. TSC
236701-C Th Aug 2-Sep 13* 5:45-7:15 p.m. TSC

WEIGHT LOSS CHALLENGE

This 12-class program will provide information on proper nutrition, food planning, and exercise. Participants will receive weekly one-on-one coaching and group support. Top achievers will have the chance to win money. Prizes and free samples will also be offered. This class is offered by representatives of Herbalife. (Please note: there is no product obligation in order to participate in this challenge.) Fee: \$35R/NR (portion of fee goes towards awards and prizes). Ages 14+ Parental consent required for ages 14-17. No class July 4, August 8 or 9

236401-A We May 30-Aug 29 7-8 p.m. TSC
236401-B Th Jun 21-Sep 13 10-11a.m. TSC

ZUMBA® FITNESS

Zumba® blends hypnotic Latin rhythms and easy to follow steps/moves to create a dynamic fitness program that you will love. With Zumba® you achieve long term benefits while experiencing an absolute blast. Drop-in fee: \$8R/NR. Purchase a punch pass and save: 10-punch pass \$60R/\$65NR; 20-punch \$110R/\$120NR (requires valid Thornton recreation ID card) Location: Thornton Senior Center

Mondays and Wednesdays 6-7 p.m.
No class Jul 4, Aug 8, Sep 3

TAI CHI

Even though Tai Chi is a martial art made up of movements that can be applied in self-defense, it is widely practiced throughout the world for its health benefits. The movements are slow, relaxed and done without any muscular tension or contraction. This introductory course is for the beginner and provides a foundation of 64 movements. Fees: \$49R/\$52NR.

236704A Tu May 8-Jun 26 7-8 p.m. TACC
236704B Tu Jul 17-Sep 4 7-8 p.m. TACC



AROMATHERAPY

In ancient Egypt, the art of using essential oils and aromatherapy to heal, enhance beauty and luxury was an important part of life. The floral use of aromatherapy brings healing to the spirit. They bring support and healing to the emotional and spirit body. The oils are used to shift energy and transform emotions and pamper the soul. The luxury of aromatherapy is a supportive way to nurture and nourish your busy life. You will learn to make your own aromatherapy spa products such as sprays, lotions and a sugar scrub. Fees: \$44R/\$46NR

236408-A Tu Jun 19 TSC 6:30-8:30 p.m.

CITY OF THORNTON ADULT ENRICHMENT CLASSES

Health, Fitness & Wellness

HEALTH & WELLNESS GUIDANCE

Are you living your best life possible? This six week workshop will assist you in determining which changes to make, and how to have lasting success. Certified Health and Wellness Coach, Julie Casper, will help guide you down a path to creating and achieving your well life destiny. All class materials included. No class July 2. Fees: \$54R/\$56NR

236410-A Mo Jun 4-Jul 16 6:30-7:30 p.m. TSC

INTRODUCTION TO REIKI

Are you or your pet suffering from pain or anxiety? In this monthly workshop you will discover the Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is a simple, natural and safe method of spiritual healing that everyone can use. It has been effective in helping virtually every known illness, injury and disease and always creates a beneficial effect. Everyone in attendance will receive a "mini-session" to experience Reiki first hand. Fees: \$26R/\$29NR

236409-A Th May 24 6-8 p.m. TSC
236409-B Tu Jun 26 6-8 p.m. TSC

MEDITATION FOR THE BODY, MIND AND SOUL

Meditation is spiritual medicine for the soul for stress reduction and fostering peace of mind. Create inner-peace and bring balance in body, mind, and spirit. Learn to meditate and develop mindfulness and awareness to improve health and well-being. Gain self-knowledge and develop a connection to breathing which can bring unity to the heart and mind. Bring relaxation to your body and gain greater clarity and improvement to your life. Yoga mats and Yoga blankets provided, or bring your own. There is a textbook required for this class. Fees: \$53R/\$56NR

236407-A Tu Jul 10-31 7-8:30 p.m. TSC

ADULT HULA CLASS
SEE PAGE 30 FOR DETAILS



Follow Adult Enrichment Classes on Twitter@ThorntonAP. We're also on Facebook (Thornton Adult Classes and Programs). Find out about new classes, changes, cancellations, leave feedback or share your ideas.

Culinary

WINE TASTING MADE EASY

Want to learn how to taste wine as the experts do? To be able to taste and smell the fruity or floral flavor notes the pros talk about? Come and learn how to swirl, sniff and swish using all of your senses – sight, scent, taste, and feel, and to intelligently discuss the overall impression that the wine leaves behind long after you've finished the bottle. Fees: \$40R/\$43NR Must be age 21+

236830-A Th Jun 28 6:30-8 p.m. TSC

BEAUTIFUL BREAD MAKING

Love the smell of bread fresh from the oven? Spend an evening learning how to make your own delicious artisanal loaves. You'll learn to make crusty ciabatta, chewy baguettes and hearty whole grain boules in your own kitchen at a fraction of the price of bread from the bakery. Fees: \$30R/\$33NR

236876-A We May 23 6-9:30 p.m. TCB

CUPCAKE LOVE

Ahhh, cupcakes. Fun, portable, and a perfect bit of sweet indulgence. Join us in the kitchen for a fabulous evening mixing, baking, and decorating your very own cupcakes – the hottest dessert trend going. Using both traditional and "creative" flavor pairings like mint chocolate chip, key lime and pina colada, we will learn to bake and frost cupcakes like a pro, practice decorating techniques, and discuss common baking challenges (high-altitude, anybody?), plus you'll take home a box of your own dazzling creations and recipes to help you recreate your masterpieces at home. Fees: \$30R/\$32NR

236873-A We May 30 6-9 p.m. TCB

GETTING TO KNOW SOCIAL NETWORKING

Social networking has quickly become the domain of today's youth and young adults, from grade school through college, through familiar sites such as Facebook™ and Twitter™. So why become involved with social networking yourself? Simple; it's a wonderful way to reconnect with former high school or college classmates, stay in touch with friends and family, join groups with shared interests, keep everyone up-to-date about you, share photos, and so much more. Fees: \$32R/\$35NR

236160-A We May 30 6-9 p.m. TSC

CHEESE MAKING

Join us to learn this ancient skill while creating a variety of soft and hard cheeses. This class includes lots of hands-on participation combined with demonstration. Make cottage cheese, ricotta, mozzarella, feta and more, as well as cook and eat a special cheesy meal. Cultured milk products such as yogurt will also be explored. Bring home the knowledge and recipes to create more delicious cheeses at home. \$10 materials fee payable to the instructor. Fees: \$61R/\$64NR

236804-A We Jun 6-20 6-9 p.m. TCB

GREEN CHILE

Join us for a day discovering the joys of buying, roasting and cooking your own green chile. Our day will begin with a trip to a chile roaster for a lesson in chile styles and flavors and to purchase your own roasted peppers. We will then return to the kitchen to whip up a batch of the delicious green stuff for ourselves, which we will enjoy served over homemade burritos. You will leave with recipes to recreate it at home, and some green chile to enjoy later. Fees: \$35R/\$37NR

236896-A Sa Aug 18 10 a.m.-2 p.m. TCB

INDIAN CUISINE - A FULL COURSE DINNER

Start off with a trip to South India with a protein rich, traditional starter made of lentils. Then on to an exotic main course, basmati rice cooked with vegetables, herbs and spices. Learn how to prepare mouth watering egg curry. Fees: \$30R/\$33NR

236842A We May 16 6-9 p.m. TCB



CITY OF THORNTON ADULT ENRICHMENT CLASSES

Miscellaneous Classes

THE 10 CHALLENGES WORKSHOP

In this spiritually rich, non-denominational workshop we will look at a modern interpretation of the Ten Commandments, as they are relevant to us today. We will apply these contemporary and interfaith interpretations to bring about growth, meaning and harmony to our lives. Readings and discussion group guidelines are from the book "The Ten Challenges" by Dr. Leonard Felder, which should be purchased before the first class. No class May 28. Fees: \$33R/\$36NR

236610-A Mo May 14-Jul 2 7-8:30 p.m. TSC

INTRODUCTION TO DIGITAL CAMERAS & PHOTOGRAPHY

We'll start at the very beginning discussing how to capture and download your images and more. We'll go on a field trip to practice all that you have learned and then use the final class to review those images. Please bring your camera manual, fully charged batteries and an empty memory card for class use. Fees: \$56R/\$60NR

236214-A We Jun 6-27 6-8 p.m. TSC



COUPONING 101

Couponing 101 is perfect for anyone who is just getting started in couponing, would like to learn more, or for those who just want to hang out with a bunch of like-minded individuals for a few hours. We will have some fun discussing all of the basic couponing concepts including stockpiling, stacking coupons, eCoupons, couponing at grocery stores and more! Fees: \$11R/\$12NR

236340-A Sa Jun 2 9 a.m.-12 p.m. TSC

BUILD YOUR OWN FLY OR CASTING ROD

Seize this opportunity to build your own custom fly or casting graphite or bamboo rod that will give you years of angling pleasure. It is really easy and yours will be a unique and beautiful rod. This three-session class will take you through the entire rod building process. Bring your own blank and accessories (you'll be given the instructor's contact information to get a supply list once you register). If you've always wanted a fine unique rod, you can build one at half the retail cost. A \$10 materials fee will be collected on the first date of class to cover thread, glue, tools and rod finish. Fees: \$84R/\$87NR

236607-A We Jun 13-27 6-9 p.m. FRCC

SUMMER HIKES

We'll head to the mountains for a day of hiking amongst abundant wildflowers and beautiful scenery all around. The June hike is rated easy and is well suited to anyone new to hiking. The August hike is better suited for anyone with more hiking experience. A gear list will be provided at the time of registration. Fees: \$36R/\$38NR (includes transportation) Bus departs at 7 a.m. from the Carpenter Recreation Center.

236615-A Sa Jun 30
Lost Lake Trail (800') 3.0 miles

236615-B Sa Aug 4
Maxwell Falls (1000') 4.0 miles

HIGH SCHOOL SUCCESS

This course will give parents and high school students the information they need to be successful in high school. I'll share tricks and techniques you can use to improve organization, study skills, note-taking, reading textbooks and test anxiety. Q&A time is built into this course in addition to a workbook for you to take home. Fees: \$26R/\$28NR

236337-A Tu Aug 7 6:30-8 p.m. TSC

COLLEGE BASICS 101

Want to go to college but don't know how to get there? Confused by all the opportunities? This course will help parents and high school students plan and prepare for college. We'll discuss the value of college, your college options, financial aid, what to expect in college, and how to prepare for college in high school. Q&A time is built into this course in addition to a workbook for you to take home. Fees: \$26R/\$28NR

236336A Tu Aug 14 6:30-8 p.m. TSC



FLY FISHING

Develop all the skills and understanding necessary to catch trout on a fly rod. We'll cover fly fishing theory, rigging your rod, casting, tying knots, entomology as it relates to fly selection, equipment and stream etiquette. Bring your lunch and provide your own transportation on Saturday. Held at a local stream, this day covers wading safety, trout behavior, entomology, reading the water, and developing technique, and of course how to play and release your fish. You need your own fishing license before we fish on Saturday. A \$10 materials fee is payable to the instructor on the first night of class and covers flies (1-2 nymphs, dry flies and streamers), tippet and leader. Either borrow the instructor's equipment to practice, or we will review gear and make recommendations on where to buy. Fees: \$61R/\$64NR

236601-A

Th Jul 19-Aug 2 6-9 p.m.

TSC

Sa Aug 4 10 a.m.-4 p.m.

River

FLY TYING

This is an entry level class for the person just getting started in fly tying or who has very little experience. We will cover the basic tools, techniques and materials necessary to tie a variety of basic flies, concentrating on patterns that work well on local rivers and streams. Limit of 10 people or pairs to ensure plenty of one-on-one instruction. Supervised children are welcome. It is recommended that you bring your vise but no tools or materials are required. A \$5 material fee will be collected on the first day of class. Fees: \$61R/\$64NR

236606-A Mo Jun 11-25 6-9 p.m.
FRCC