

ADULT ENRICHMENT CLASSES

REGISTRATION for all adult program classes held at the Thornton Senior Center (TSC) and Thornton Community Building (TCB) begins Tuesday, May 4 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 and go to Recreation Activity Registration under E-gov. For registration policies see page 72.

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, so you only need the desire and a few basic techniques to go home with a beautiful finished painting in one lesson. Fee: \$45R/\$48NR per session.

336201A	Sa	Jun 12	9 a.m.-1 p.m.	TSC
336201B	Fr	Jul 9	1-5 p.m.	TSC
336201C	Sa	Aug 14	9 a.m.-1 p.m.	TSC

STERLING SILVER JEWELRY

– BEGINNING/INTERMEDIATE

Learn the basic art of making handcrafted jewelry. All experience levels are welcome. You will leave each class with a finished piece. Fee includes all supplies, \$14 materials fee payable to the instructor at each class. Ages 10 and up. Fee: \$11R/\$14NR per class. (Sec. A, C, D – Necklace or Earrings; Sec. B – Bracelet).

336220A	Th	Jun 17	6-8 p.m.	TSC
336220B	Tu	Jun 29	6-8 p.m.	TSC
336220C	Th	Jul 29	6-8 p.m.	TSC
336220D	Tu	Aug 10	6-8 p.m.	TSC

STERLING SILVER & GEM STONE JEWELRY – INTERMEDIATE/ADVANCED

This class will show you how to make and design your own jewelry using the art of wire wrapping. Fee includes all supplies, \$17 materials fee payable to instructor at each class. Ages 14 and up. Fee: \$12R/\$14NR per class. (Sec. A, C – Earrings or Necklace; Sec. B – Bracelet).

336221A	Th	Jul 8	6-8 p.m.	TSC
336221B	Tu	Jul 20	6-8 p.m.	TSC
336221C	Th	Aug 19	6-8 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. Instructor Yvonne Applehans will teach you the latest techniques and brush strokes. This is a perfect opportunity for you to make a gift for a loved one—or yourself! Time for each class, 6-8 p.m.

336230A	Tu	Jun 1-29	\$26.50R/\$31.25NR	TSC
336231A	We	Jun 2-30	\$26.50R/\$31.25NR	TSC
336230B	Tu	Jul 6-27	\$21R/\$25NR	TSC
336231B	We	Jul 7-28	\$21R/\$25NR	TSC
336230C	Tu	Aug 3-31	\$26.50R/\$31.25NR	TSC
336231C	We	Aug 4-18	\$15.75R/\$18.75NR	TSC

Dance Classes

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. Fee: \$35R/\$38NR.

336309A	Th	Jun 10-Jul 29	7:30-8:30 p.m.	TSC
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ARGENTINE TANGO DANCE CLASSES

Argentine Tango is a dance that will touch your romantic soul. Beginner 1 classes will get you started with both leading and following, working on technique such as open and closed embraces. Beginner 2 is for students who have completed past Tango sessions and will continue with new movements, plus we'll review and expand on the fundamental movements you have learned. No class July 5. Fee: \$40R/\$43NR (per session).

Beginner 1

336328A	Mo	Jun 14-Aug 9	7:15-8:15 p.m.	TSC
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Beginner 2

336328B	Mo	Jun 14-Aug 9	8:15-9:15 p.m.	TSC
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LATIN DANCE SAMPLER – AGES 16+

Popular Latin dances will be explored through a social dance setting. Students will learn Salsa, Merengue, Cha-Cha and Rumba. A partner is not required for this course. Secure shoes with thin rubber or suede soles are preferred. Fee: \$68R/\$81NR.

321220A1	Mo	Jun 7-Aug 2	7-8 p.m.	TCC
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NEW!! THORNTON DANCE CREW

- AGES 16+

This class is designed for the intermediate dancer, where the student will focus on proper technique, styling and footwork combinations. Students will continue to explore Latin dance styles as well as Swing, Tango, Fox Trot and Waltz. A partner is not required. Instructor approval is required for this course. Fee: \$74R/\$88NR.

321229A1	We	Jun 9-Aug 4	6:45-8 p.m.	TCC
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ADDITIONAL DANCE CLASSES ON
PAGE 50 & 51



FOLLOW ADULT ENRICHMENT CLASSES on Twitter@ThorntonAP. Find out about newly added classes, schedule changes, class cancellations, give us feedback on classes, or share your ideas for classes and trips you would like to see offered.

SOCIAL DANCE SAMPLER - AGES 16+

Students will explore a variety of dances such as Rumba, Swing, Country Two-Step, Tango, Waltz, Fox Trot and Merengue. A partner is not required. Secure shoes with thin rubber or suede soles are recommended. Fee: \$68R/\$81NR.

321223A1	Mo	6-7 p.m.	Jun 7-Aug 2	TCC
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Financial Planning

LONG TERM CARE INSURANCE

Retirement is for enjoying your family, not depending on them. Learn more about funding options for long-term care, how long-term care insurance can help preserve your assets, and how you can take control of where and how you receive long-term care services. Fee: Free!

321109A1	We	Aug 18	10:30 a.m.	CRC
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RETIREMENT CAN BE LESS TAXING

Retirement can be less taxing is a 30-minute educational seminar designed for investors who own a traditional, SEP or simple IRA or participate in another retirement savings plan. The seminar covers differences between traditional and Roth IRAs, the new tax law changes, the benefits of converting to a Roth IRA and the tax consequences related to converting.

321102B1	Mo	Jun 14	7 p.m.	CRC
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WILL MAKER LEGAL SEMINAR

Get your will, medical and financial power of attorney, and organ donor card completed and notarized in one session. Fee: \$99R/\$119NR. Location: Carpenter Recreation Center, 11151 Colorado Blvd.

321108A1	We	Jun 16	6-9 p.m.
321108A2	Sa	Jul 17	10-1 p.m.
321108A3	We	Aug 18	6-9 p.m.

NEW! RETIREMENT AND WEALTH ACCUMULATION SEMINAR

This FREE interactive workshop will help attendees discover the value of proper horizontal diversification (that is diversification between tax treatments), the potential rewards associated with this strategy, and how to integrate the concept into their own personal planning. Dinner will be provided for those who register. Fee: Free!

321103A1	Tu	Jul 13	6:30 p.m.	CRC
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NEW! RAISING FINANCIALLY RESPONSIBLE CHILDREN

During this FREE educational, family-oriented event, we will discuss the importance of raising financially responsible children. We'll share helpful tips to teach them about money. You will discover age-appropriate ways to teach children to: Earn and Appreciate Allowance, Good Saving and Investing Habits, Become Disciplined Shoppers, Know the Difference between Wants and Needs. Dinner provided for those who register. Fee: Free!

321103B1 Th Jul 8 6:30 p.m. CRC

NEW! ESTATE PLANNING

If you think estate planning is only for those individuals who appear in the "Lifestyles of the Rich and Famous," this misconception could be costly to your heirs. If you own assets there is a good chance you need to plan for the future disposition. Find out more information during this FREE seminar. Dinner will be provided to those who register. Limit to only 20 participants, so sign up fast!

321103C1 Th Jun 17 6:30 p.m. CRC

Health, Fitness & Wellness

WEIGHT LOSS CHALLENGE

Win with weight loss. The 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 in the Challenge will have the chance to win money. In addition, prizes and free samples will be offered during the course of the program. This class is offered by representatives of HealthQuest International and Herbalife (there is no product obligation in order to participate in this challenge). Fee: \$35 R/NR (portion of fee goes towards awards and prizes). (No class Aug. 25)

336801B We Jun 9-Sep 1 7-8 p.m. TSC

En Español

336801C We Jun 9-Sep 1 7-8 p.m. TSC

BOOT CAMP

Fitness is an investment you can rely on! Come get fit in a fun and exciting social atmosphere. Take the stride with proven fitness methods that will develop your strength, endurance, core and flexibility. You will receive a variety of highly motivating, challenging, and intense workouts that are always changing. Camp will be held inside or outside depending on the weather. All levels of enthusiasts are welcome. Fee: \$50R/\$52NR (per session). *\$44R/\$46NR (No class Aug 25)

336706A Mo/We Jun 7-30 5-6 p.m. TSC

336706B Mo/We Jul 5-28 5-6 p.m. TSC

*336706C Mo/We Aug 2-23 5-6 p.m. TSC

ZUMBA FITNESS

Zumba® is the type of fitness program you'll want to do everyday and feel good about doing it! It 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 in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Drop-in fee: \$8R/NR. Or 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.

TAI CHI

Although Tai Chi is a martial art that is 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 based on the interplay between yin and yang energies and on the circulation of chi. They 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. Fee: \$49R/\$52NR.

336704A Tu Jun 8-Jul 27 6:30-7:30 p.m. TSC

VINYASA YOGA

Enjoy Hatha Yoga poses presented in a flowing Vinyasa style to enhance your mind-body connection. This class is designed for all levels and abilities. Fee: \$27R/\$33NR for 6-week session.

336701A Th Jun 3-Jul 8 5:45-7:15 p.m. TSC

336701B Th Jul 15-Aug 19 5:45-7:15 p.m. TSC

COMMON ACUPRESSURE POINTS FOR SELF-MASSAGE

Following a brief overview of the Chinese medicine theory of energy flow (qi), students will learn to find and to massage a number of acupressure points for common ailments like headache, nausea, fatigue, stress, minor aches and pains. Fee: \$20R/\$22NR.

336712A Mo Jul 12, 19 6-7:30 p.m. TSC

HERBS FOR COMMON AILMENTS

Following a brief overview of Chinese medicine herbal theory, this course will cover a number of single herbs, herbal formulas and liniments for common ailments such as colds, fatigue, stress, insomnia, bruises and other minor injuries. Fee: \$20R/\$22NR.

336712B Mo Aug 2, 9 6-7:30 p.m. TSC



MEDITATION

Have you always wanted to learn how to meditate and didn't know where to start? Take part in building your own meditation practice to regain balance and harmony in your life. You will learn techniques to practice meditation at home and participate in a guided visualization meditation. Fee: \$32R/\$35NR.

336402A We Jun 16-Jul 7 6-7:15 p.m. TSC

QI GONG

Qi Gong means "working with energy." There are many different styles of Qi Gong. This course will present basic breathing techniques, self-massage, postural exercises and exercises to circulate energy internally. Fee: \$25R/\$27NR.

336714A Tu Jul 13-Aug 3 7:35-8:35 p.m. TSC

ADULT ENRICHMENT CLASSES

Culinary Classes

MENU MAINTENANCE FOR THE SUMMER MONTHS

Why prepare food everyday, when you can get more bang for the buck out developing menu ideas using just one preparation in a variety of ways. Just think of how much you could do with already grilled chicken breasts, or grilled summer vegetables. Put your chef hats on; you'll be creating some of your very own culinary delights. Grilling, poaching, steaming and pickling will be featured as alternative ways to keep your kitchen cooler and easily maintained. Recipes will involve participants' creativity after learning the techniques mentioned above. Fee: \$24R/\$27NR.

336890A We Jun 9 6-9 p.m. TCB

BREAD BAKING CLASS

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. Fee: \$30R/\$33NR.

336876A We Jun 16 6-9 p.m. TCB

GRILLING 101

This class will cover basic grilling techniques and clear up questions that often can be troublesome. Meat, poultry, seafood, and produce will be prepared and the grilling technique for each addressed. Recipes to include: Grilled Summer Vegetables with Balsamic Vinaigrette, Salad of Grilled Chicken Breasts marinated in Wild Maine Blueberry Vinaigrette, fresh blueberries, feta cheese, and mixed baby greens, Seared Skirt Steak with salsa tomatoes, Grilled Salmon and Cucumber Kabobs with avocado puree, and Grilled Stone Fruits with brown sugar-cardamom sour cream. Fee: \$25R/\$28NR.

336887A Sa Jun 26 9:30 a.m.-12:30 p.m. TSC

BEER AND CHEESE PAIRING

Think cheese only goes with wine? Prepare to be dazzled by how well beer and cheese bring out the best in each other. Beers' rich, earthy flavors shine when paired with creamy, fragrant cheeses. We'll discuss artisanal brewing and cheese-making styles, taste a variety of craft beers and cheeses, and will help you develop your own pairing and flavor combinations. Must be 21 years of age or older to participate. Fee: \$30R/\$33NR.

336877A Tu Jun 29 6-8:30 p.m. TSC

FOOD FIREWORKS FOR THE FOURTH

Wow your family and friends and discover how simple planning and advanced preparation can let you enjoy the party as well as the fireworks. Recipes to include: Purple Potato Salad with roasted red peppers, and lemon- thyme dressing, Mixed Summer Grill with chicken, pork, flank steak, and bratwurst, served with coarse ground honey mustard, Southwest Caesar Salad, and Summer Reds and Blues with lemon curd and vanilla yogurt. Fee: \$25R/\$28NR.

336888A We Jun 30 6-9 p.m. TCB

TASTES OF INDIA: SUMMERTIME BEVERAGES

Learn to make these thirst quenchers and cool treats that are summertime favorites in India: Buttermilk, Nimbu Pani (lemonade), Mango lassi (fruit smoothie with mangos and yogurt) and Kulfi (three varieties of milk with saffron, almonds and pistachio). Fee: \$19R/\$21NR.

336891A We Jul 7 6-8 p.m. TCB

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Offer only valid with coupon. Expires 7/31/10.

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Offer only valid with coupon. Good Through 2010. Punch Card Issued. After 3rd Refill, Get 4th FREE.

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ADULT ENRICHMENT CLASSES

TASTES OF INDIA: ROTI SPECIAL

In this class, the focus will be on variations on a North Indian speciality; Roti. Students will prepare a plain roti (fresh soft flat bread, not fried), a pepper and green onion roti, and aloo parata (roti dough and seasoned potato stuffing). Fee: \$21R/\$23NR.

336882A We Jul 21 6-8 p.m. TCB

WHAT TO DO WHEN YOUR GARDEN EXPLODES

Overwhelmed with the abundance of summer produce and vegetables from your and your neighbor's garden? Can't make one more loaf of zucchini bread? This class will offer you some tasty and unique alternatives that can be enjoyed long after the first frost. Recipes to include: No-cook refrigerator pickles, Summer tomato and kalamata olive sauce, Explosion confetti relish, Palisades' peach paste, and No-bake peach pie. Fee: \$24R/\$27NR.

336889A We Jul 28 6-9 p.m. TCB

TASTES OF INDIA: DESSERTS

This class will present some favorite desserts from India, including: Kheer (made with rice vermicelli and flavored with cardamom, saffron, and pistachios), and Gulab Jamun (milk-based dough that is fried and coated with a flavored sweet syrup) Come and learn these best Indian Restaurant desserts. Fee: \$21R/\$23NR.

336882B We Aug 11 6-8 p.m. TCB

CHEDDAR CHEESE MAKING CLASS

You can take home a two-pound wheel of homemade cheddar cheese. A home cheese press (making hard cheese requires the use of mechanically applied pressure to extract a high level of moisture) and an aging environment are required to make this cheese. You may come and participate without taking any cheese home if you don't have a press. Some kits to make a home cheese press will be available. Instructor will supply all other materials. Cheddar will be aged/stored at the student's location. A \$10 material fee is payable to the instructor the first day of class only for those making cheese, \$5 for all others. Fee: \$55R/\$65NR.

336878A Sa Jul 10 9 a.m.-5 p.m. TSC
We Jul 14 7-10 p.m. TSC

Gluten Free Culinary Classes

This four-part series on Gluten Free Living teaches about options for every meal of the day plus snacks. Whether you, a family member or close friend are gluten sensitive, intolerant or celiac, this class is for you! It's easier than you think to live without gluten. Learn to prepare foods and make substitutions from Certified Nutrition Educator and Lifestyle Coach, Sara Jane Wehnes, as she teaches and shares from her personal experience. Classes are a combination of lecture, demonstration and hands-on food preparation, complete with take home recipes.

GLUTEN FREE: WHERE TO START

What's all the fuss about? This lecture will get you on the path of understanding what gluten is, where it's found, and how to read labels to identify sources. Whether you are already living gluten-free or are just learning about it, you will walk away with something new from this lecture. Sample recipes and gluten-free treats, too! Fee: \$14R/\$16NR (per class).

336883A Mo Jun 14 6-8 p.m. TSC

Tiny Tiger Children Adults

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ADULT ENRICHMENT CLASSES

GLUTEN FREE BREAKFAST

Learn about preparing the most important meal of day with the gluten-free twist. Yes, it is possible to eat breakfast without wheat toast or a bagel! Experience preparing yummy recipes and make your next breakfast stand out. Fee: \$18R/\$21NR.

336886A We Jun 23 6-9 p.m. TCB

GLUTEN FREE LUNCH & SNACKS

There's more to lunch than a microwave meal or a turkey sandwich and potato chips. The Gluten free way rocks! Bring your excitement and learn some new lunch and snack ideas. Fee: \$17R/\$20NR.

336884A We Jul 14 6-9 p.m. TCB

GLUTEN FREE DINNER

Eating gluten free introduces many healthy choices into your diet. Come and see what is in store for you! Learn to prepare your own salad dressings, enjoy a tasty black rice pudding for dessert and don't miss out on the mystery entrée for dinner. Fee: \$18R/\$21NR.

336885A We Aug 4 6-9 p.m. TCB

Culinary Tours

GOURMET FOODS WALKING TOUR

Spend a perfect gourmet afternoon exploring Denver's best culinary destinations on a behind-the-scenes walking tour to meet the artisans who make eating well their life. At each stop, you will hear and feel the passion these gourmet purveyors have for their craft, and after tasting their superb goodies, you will agree that faster and bigger isn't always better. Taste spice-infused chocolate, learn about pairing wine and cheese, smell freshly ground spices and enjoy warm, fresh brownies and pastries. Bus departs from Carpenter Recreation Center at 12:30 p.m. Fee: \$41R/\$44NR.

336641A Sa Jun 5 Registration: May 4-Jun 1

CHOCOLATE TASTING WALKING TOUR

Spend the afternoon on a walking tour exploring Denver's best chocolate experiences. Visit 4-6 award winning artisanal chocolate purveyors and producers and taste gelato, European handmade truffles, brownies, chocolate chip cookies, cupcakes and learn about pairing chocolate with tea, wine and spices all while walking off the calories in our spectacular Colorado sunshine. A must for any chocolate lover! Bus departs from Carpenter Recreation Center at 12:30 p.m. Fee: \$41R/\$44NR.

336640A Sa Jun 19 Registration: May 4-Jun 14



Outdoor Recreation and Trips

FLY FISHING

The purpose of the class is to help you 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 transportation on Saturday. Held on 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. Instructor: Rich Mac McGaughey. Fee: \$61R/\$64NR

336601A We Jul 21, 28, Aug 4 6-9 p.m. TSC
Sa Aug 7 2-8 p.m. River

HORSEBACK RIDE

Enjoy a two-hour horseback ride with Sombrero Ranch in the Roosevelt National Forest near Estes Park. Halfway through the ride we will feast on a breakfast of fluffy pancakes, scrambled eggs, fresh orange juice and hot coffee. Fee includes transportation, two-hour horseback ride and breakfast. Fee: \$57R/\$60NR.

336609A Sa Jun 12 8:30 a.m.-2 p.m. CRC

HORSEDRAWN WAGON RIDE AND COWBOY SUPPER

Get your whole family together and enjoy the western experience of a wagon ride pulled by a beautiful Belgian draft horse. Enjoy a fabulous meal from the grill at a Cowboy Supper out on the trail. Fee includes transportation, wagon ride and dinner. Fee: \$54R/\$57NR(adults), \$39R/\$42NR (child, ages 9-12).

336604A Sa Jun 26 3-9 p.m. CRC

BREAKFAST RIDE

Enjoy a two-hour horseback ride with Sombrero Ranch in the Roosevelt National Forest near Estes Park. Halfway through the ride we will feast on a breakfast of fluffy pancakes, scrambled eggs, fresh orange juice and hot coffee. Fee includes transportation, two-hour horseback ride and breakfast. Fee: \$64R/\$66NR.

336608A Sa Jul 10 6 a.m.-Noon CRC

Miscellaneous Classes

INTRODUCTION TO DIGITAL CAMERAS AND PHOTOGRAPHY

We'll start at the very beginning discussing how to capture and download your images as well as learning about the tools and accessories that can bump it up a notch to make photography even more fun. The best part is that you will be getting immediate feedback on images you take during the course through reviewing them on the computer in classroom. 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 manual and ensure that your batteries are fully charged and your memory card is empty for class use. Fee: \$56R/\$60NR.

336214A We Jul 14-Aug 4 6-8 p.m. TSC