

Adult Evening Class Descriptions

Thursday April 1st Easter egg Fun

Decorate eggs for Easter which symbolize the spring time and have some fun while doing it.

Monday April 12th Self Defense Part 1

Learn how to defend and protect yourself with martial arts. This class requires the participant to come in work out clothes and **Staff assistance is required for those in residential services.**

** It is mandatory that you attend Self Defense Part 1 in order to participate in Self Defense Part 2. **

Wednesday April 14th Self Defense Part 2

Learn different fighting techniques to help defend yourself and the origins of these techniques. This class requires the participant to come in workout clothes. **Staff assistance is required for those in residential services.**

Monday April 19th Decorating with House Plants

Learn how to pot a plant in a decorative basket and care for houseplants.

Wednesday April 21st Spring Painting

Make something to remind you how beautiful the spring time is.

Monday May 3rd Cinco de Mayo Crafts

Have you heard of **Cinco de Mayo?** Let's learn together what makes the 5th of May a special day in Mexican culture.

Monday May 10th Self Defense Part 1

Learn how to defend and protect yourself with Martial Arts. This class requires the participant to come in workout clothes. **Staff assistance is required for those in residential services.**

** It is mandatory that you attend Self Defense Part 1 in order to participate in Self Defense Part 2. **

Wednesday May 12th Self Defense Part 2

Learn different fighting techniques to help defend yourself and where these techniques come from. This class requires the participant to come in workout clothes. **Staff assistance is required for those in residential services**

Wednesday May 19th Memorial Day

Cupcakes

Let's bake something sweet that will remind you that summer is almost here.

Please sign up for only "ONE" cupcake class either May 19th or May 24th

Thursday May 21st Intro to Yoga

Learn basic Yoga moves that will strengthen your muscles and improve your flexibility. Learn breathing techniques to will help reduce stress. Participants are to dress in workout clothes. **Staff assistance is required for those in residential services.**

**** Light refreshments will be served after the class****

Monday May 24th Memorial Day Cupcakes

Let's bake something sweet that will remind you that summer is almost here.

Monday June 7th Planting a Garden

Do you have green thumb? Come find out. Learn how to plant from seeds using the starter packets.

Wednesday June 9th Fruit Salad

Extravaganza

Learn how to make fruit salad fun.

We'll chop, peel, cut and combine juicy succulent fruits for a healthy dessert or snack.

Monday June 14th Self Defense Part 1

Learn how to defend and protect yourself with Martial Arts. This class requires the participant to come in workout clothes. **Staff assistance is required for those in residential services.**

**** It is mandatory that you attend Self Defense Part 1 in order to participate in Self Defense Part 2. ****

Wednesday June 16th Self Defense Part 2

Learn different fighting techniques to help defend yourself and the origin of these techniques. This class requires the participant to come in work out clothes. **Staff assistance is required for those in residential services**

Monday June 21st Summer Ceramics

Pick and Paint an item that reminds you of the joys of summertime.

ATTENTION -ATTENTION r.e. SELF DEFENSE CLASSES:

Please sign up for only **"ONE"** Self Defense class for this Quarter.
This means you sign up for only **"ONE"** Part 1 and Part 2 Self Defense class.