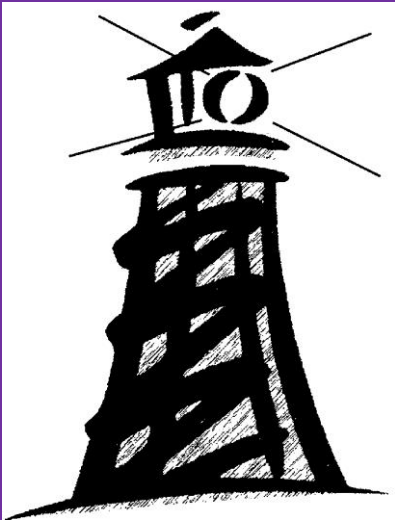




Saginaw Township Community Schools'

Community Education

"Keeping the Lights on for the Community."



Learning for fun!

Learning for
Enrichment!

Learning for Life!



Winter 2017 January – May

class

Locations

Arrowwood Elementary

5410 Seidel Rd.

Saginaw, MI 48638

- Conference Center
- Cafeteria
- Gym
- Media Center
- Theater

Sherwood Elementary

3870 Shattuck

Saginaw, MI 48603

- Cafeteria
- Commons
- Pool
- Theater

Mackinaw High School

2775 Shattuck

Saginaw, MI 48603

- Gym
- Conference Center

Heritage High School

3465 N. Center Rd.

Saginaw, MI 48603

- Cafeteria
- Classrooms
- Computer Labs
- Media Center
- Theater

information

registration | Registrations are on a first-come first-serve basis. Pre-registration paid in full is required for class participation. Adult classes are open to everyone age 18 and older.

confirmations | Once registration is completed, participants will only be notified if a class is cancelled or changed. If you are not notified in advance, it means the class will be held as scheduled.

waiting list | When a class reaches capacity, participants will be placed on a waiting list. People on the waiting list will be contacted in the order of the waiting list if space becomes available.

refunds | FULL refunds will be made if the class is cancelled by Community Education. Community Education is a self-supporting program, so classes cannot be run at a deficit. Therefore, ALL refunds must be requested at least 3 days before the start of a class. Unfortunately, refunds cannot be given after this 3-day time frame. A \$4 processing fee will be charged for dropped classes. Non-credit card refunds will be paid by check within 21 days.

school district cancellations | Activities and **classes will not meet** when Saginaw Township Community Schools are **closed** due to inclement weather. Check the school district website (www.stcs.org) for cancellation notices.

safety disclaimer | There is an inherent risk or injury in any activity. It is the responsibility of each participant to be aware that there are assumed risks involved in participation. STCS assumes no responsibilities for injuries received during activities.

All **registrations** must be accompanied by full payment. Register before or by the registration deadline to avoid possible class cancellation! Make checks payable to STCS.

register online

Visit www.celighthouse.org to setup your secure personal account (or use your current one) for class registration using your credit card for many classes! (see page 5 for directions)

register by phone

Call Community Education at 797-1847 and use your credit card. Monday - Friday, 8 am - 4:30 pm.

register in person

Come to our office located in the Board of Education office at Heritage High School, 3465 N. Center Rd. Hours are Mon. - Fri., 7:30 - 4:30 pm. Pay by cash, check, money order or credit card.

register by mail

Mail a Registration Form with full payment to Community Education, P.O. 6278, Saginaw, MI 48608

register by FAX

FAX your completed Registration Form, including credit card information, to 797-1801, Attention Community Education.

Registration

Full Name _____

Email address _____

Home phone _____

Cell phone _____

Address _____

City _____ Zip _____

1st Class

Class Name _____

Date(s) _____ Time(s) _____

Fee \$ _____

2nd Class

Class Name _____

Date(s) _____ Time(s) _____

Fee \$ _____

3rd Class

Class Name _____

Date(s) _____ Time(s) _____

Fee \$ _____

Total Amount Paid: \$ _____

Make checks payable to: STCS

Credit Card payment:

Card# _____

Expiration Date _____/ _____

Signature _____

Register by Jan. 18 and save! Use coupon code **SAVEABUCK** when you register and you'll save \$1 off your registration fee!

how to register online

Register online for many classes at www.celighthouse.org with a credit card following the steps below.



1. Go to: www.celighthouse.org
2. Click on Login/Sign Up at the top-right of the page.
3. Returning users login with your email and password. If this is the first time you are visiting this site, please click on "click here to Sign up."
4. If a new user, complete the form, entering the appropriate information in each box with a red asterisk. Click on the "Save" button once completed.
5. You are now logged in. To add a family member, click on "My Account" at the top of the page and choose "Add Family Member" in the Settings panel. Complete the form and click on "Save."
6. Click on the Program of the classes you would like to register for or type in the name of the class in the Search Box.
7. Select the class you want to enroll in, and click on "Register" on the available session you would like.
8. Select family members who will participate and click on Continue.
9. Follow the steps and either "Add Another Course" or "Continue Registration."
10. The payment page opens. Complete this form, following the directions in red letters carefully. Click once on "Make Payment." To prevent multiple charges to your credit card, please click the button only once.
11. If your registration is completed correctly, a confirmation page comes up with a confirmation number. You are now registered!

Saginaw Township Community Education

Office: 797-1847 Email: commed@stcs.org

Community Services Director: Steve Elliott 399-8029 saelliot@stcs.org

Staff: Deborah Jackson - AM, Tara Cohee - PM

Community School Organizers

Office: 797-1847 (leave message)

Nancy Patterson: nspatter@stcs.org

Linda Perry: ljperry@stcs.org

Chris Tiderington: cetideri@stcs.org

You can find Saginaw
Township Community
Education on Facebook!



www.celighthouse.org | 989.797.1847 | Winter 2017

EXERCISE & DANCE



PILATES

Pilates is a body conditioning routine that helps build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and the back. Emphasis is on spinal and pelvic alignment, breathing and developing a strong core or center.

Pilates also improves coordination and

balance. Anyone can benefit from beginner to advanced. Please bring a mat.

Instructor: Sharon Hutchison, Certified in Pilates.

17W100-1 Session 1 - Register by Jan. 18

Location:	Arrowwood Theater	Day(s):	Thursday(s)
Class Fee:	\$32	Date(s):	Jan. 26 – Feb. 16
Time:	5:30 – 6:20 PM		

17W100-2 Session 2 - Register by Feb. 17

Location:	Arrowwood Theater	Day(s):	Thursday(s)
Class Fee:	\$32	Date(s):	March 2 – 23
Time:	5:30 – 6:20 PM		

17W100-3 Session 3 - Register by Mar. 30

Location:	Arrowwood Theater	Day(s):	Thursday(s)
Class Fee:	\$32	Date(s):	April 13 – May 4
Time:	5:30 – 6:20 PM		

DANCE FIESTA

Movement and energy keep life exciting and when you are dancing, it is even better! Dance Fiesta is a high-energy, low-intensity dance party. The exhilarating, easy-to-follow dance rhythms like merengue, cumbia, salsa, and flamenco stay true to the Dance Fiesta format while modifying the moves and pacing to suit the needs of those just beginning to exercise, the older active adult, and anyone wanting to lead a healthier lifestyle. This class meets twice a week and is excellent for beginners. All populations are welcome at this dance party! Instructor: Deb Jackson.

17W105-1 Session 1 - Register by Jan. 12

Location:	Arrowwood Gym	Day(s):	Tues. & Thurs.
Class Fee:	\$42	Date(s):	Jan. 17 – Feb. 9
Time:	6 – 6:45 PM		

17W105-2 Session 1 - Register by Feb. 16

Location:	Arrowwood Gym	Day(s):	Tues. & Thurs.
Class Fee:	\$42	Date(s):	Feb. 21 – Mar. 16
Time:	6 – 6:45 PM		

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EXERCISE & DANCE

CHAIR YOGA

You've heard about all the benefits of yoga. If getting down on the floor is difficult for you, try Chair Yoga! In this modification of regular yoga, the moves and exercises are done entirely from the chair - hanging on to the chair and standing with the chair - with grace and ease. We will be working on breathing exercises, strength, balance and flexibility. All of these factors are vital for functionality of the body, staying pain-free and improving the quality of life.

Instructor: Sharon Hutchison,
Certified Yoga Instructor.

17W110-1 Session 1

Register by Jan. 18

Location: Arrowwood Media Ctr.
Day(s): Thursday(s)
Date(s): Jan. 26 – Feb. 16
Time: 6:30 - 7:20 PM
Class Fee: \$32

17W110-2 Session 2

Register by Feb. 17

Location: Arrowwood Media Ctr.
Day(s): Thursday(s)
Date(s): March 2 -23
Time: 6:30 - 7:20 PM
Class Fee: \$32

17W110-3 Session 3

Register by Mar. 30

Location: Arrowwood Media Ctr.
Day(s): Thursday(s)
Date(s): April 13 – May 4
Time: 6:30 - 7:20 PM
Class Fee: \$32

THE GROOVE MOVEMENT

Perhaps you've already heard of The Groove Movement which is popular all over the country and has now made its way to Mid-Michigan. Certified instructor, Vickie Small, explains that there are one or two steps that are the basis of each of the dances...the rest is somewhat free form. Each participant can interpret the music in his/her own way and move in a way that is comfortable, expressive and joyful. You may choose to go barefoot or wear socks or tennis shoes. We will be dancing on a tile floor. A video of The Groove Movement is available on Channel 190 on Charter TV (STCS Educational channel) or go to www.stcs.org, click on Departments, click on Community Education and look for Groove Movement (it will take a few minutes to download).

17W115-1 Session 1

Register by Jan. 18

Location: Mackinaw HS
Day(s): Wednesday(s)
Date(s): Jan. 25 – Feb. 15
Time: 5 - 6 PM
Class Fee: \$28

17W115-2 Session 2

Register by Feb. 17

Location: Mackinaw HS
Day(s): Wednesday(s)
Date(s): March 1 – 22
Time: 5 - 6 PM
Class Fee: \$28

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Register by Jan. 18 and save! Use coupon code **SAVEABUCK** when you register and you'll save \$1 off your registration fee!

EXERCISE & DANCE

ENHANCE FITNESS

Boost your quality of life and build fitness to your own abilities! Enhance Fitness is a proven senior fitness and arthritis management program that improves your strength, endurance, balance and flexibility. Entire class can be modified for seniors who prefer to stay seated. No floor exercises. Instructor: Karen Mitchell.

17W120-1 Session 1 - Register by Jan. 18

Location:	Mackinaw HS	Day(s):	Monday(s)
Class Fee:	\$35	Date(s):	Jan. 23 – Feb. 20
Time:	4:45 – 5:30 PM		

17W120-2 Session 2 - Register by Feb. 24

Location:	Mackinaw HS	Day(s):	Monday(s)
Class Fee:	\$35	Date(s):	March 6 – April 10
Time:	4:45 – 5:30 PM		*No Class March 27*

CARDIO KICKBOX/STRENGTH & CONDITIONING FOR WOMEN



We have combined the best portions of these popular classes for a varied and thorough work-out. Cardio Kickbox is a form of non-contact aerobic exercise. Be prepared to burn mega calories and tone your body while kicking and punching to upbeat music.

This explosive workout is designed to shed pounds and increase upper and lower body strength with a strong focus on abdominals. Also, we will combine weight training and general conditioning to shape the total body. We'll work on improving strength, endurance and flexibility. This class is good for first time exercisers and fitness enthusiasts alike. No need to be intimidated by the gym or bored with your workouts any longer! Weights and a mat are recommended. Please do not purchase weights until after the first class when recommendations will be discussed. Instructors: Sara Miller and Tracy Hagar.

17W125-1 Session 1 - Register by Jan. 18

Location:	Arrowwood Conf. Ctr.	Day(s):	Tues. & Thurs.
Class Fee:	\$50	Date(s):	Jan. 24 – Feb. 23
Time:	6:30 – 7:30 PM		*No Class Feb. 28*

17W125-2 Session 1 - Register by Feb. 17

Location:	Arrowwood Conf. Ctr.	Day(s):	Tues. & Thurs.
Class Fee:	\$30	Date(s):	March 2 - 21
Time:	6:30 – 7:30 PM		*No Class March 23*

17W125-3 Session 1 - Register by Mar. 24

Location:	Arrowwood Conf. Ctr.	Day(s):	Tues. & Thurs.
Class Fee:	\$40	Date(s):	April 4 - 27
Time:	6:30 – 7:30 PM		

NEW PAYMENT OPTION (17W125-4): PUNCH CARD - \$70/10 visits Purchase at Community Ed. Office located in Heritage High School, 3465 N. Center Road. Office hours are 7:30 – 4:30pm, Monday – Friday.

EXERCISE & DANCE

SOCIAL DANCING LINE DANCE

Have fun, get some exercise, and meet new people. In this 5 week class, we will learn a variety of line dances to a mixture of lively music. You will be learning the favorites like the Cupid Shuffle, The Disco Line to Lady Gaga's "Poker Face" song, Electric Slide and the "Wobble" Line Dance. We'll learn some country too! Angela will be adding new line dances every 5 weeks. There will always be something new to learn in each session. Instructor: Angela Markle.

17W130-1 Session 1 Register by Jan. 18

Location: Heritage HS Cafeteria.
Day(s): Monday(s)
Date(s): Jan. 23 – Feb. 20
Time: 6 – 6:45 PM
Class Fee: \$45/per person

17W130-2 Session 2 Register by Feb. 24

Location: Heritage HS Cafeteria.
Day(s): Monday(s)
Date(s): March 6 – April 10
No Class March 27
Time: 6 – 6:45 PM
Class Fee: \$45/per person

**If you don't get a phone call
from us after registering, it
means your class is a go!
You will only hear from us if
the class is cancelled.**

EAST COAST SWING

This is a fun dance to learn and even more fun to show off your dance steps. This versatile dance can be danced to big band, country and popular music. When you hear the music, you will want be on the dance floor! Instructor: Angela Markle.

17W135-1 Register by Jan. 18

Location: Heritage HS Cafeteria.
Day(s): Monday(s)
Date(s): Jan. 23 – Feb. 20
Time: 7 – 7:45 PM
Class Fee: \$75/per person

NIGHT CLUB SLOW DANCE

If you are tired of just swaying in place to romantic songs, this class is for you! This dance will add a little flair you can use to have fun when you are on the dance floor. This dance is perfect for brides and grooms or anyone who has always wanted to learn to dance to the slow "love" songs. For the bridal couple, I will also show an entrance and exit off the floor. This is also great for parents of the bridal couple and the wedding party! Instructor: Angela Markle.

17W140-1 Register by Feb. 24

Location: Heritage HS Cafeteria.
Day(s): Monday(s)
Date(s): March 6 – April 10
No Class March 27
Time: 7 – 7:45 PM
Class Fee: \$75/per person

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EXERCISE & DANCE

NEW YOU YOGA

These classes will focus on cultivating balance, strength, flexibility, good breathing habits, concentration, and relaxation. Yoga Flow is a mind-body-spirit to a more relaxed and healthy you. You deserve all the benefits



you will gain from Yoga. Wear loose comfortable clothes, and bring a mat. Everyone is welcome! Instructor: Anna Robles, RYT 500 Certified Yoga teacher.

Tuesday's Class - This Yoga Class is for those who are new to Yoga and also for those who are experienced but enjoy the pace of a Yoga fundamentals class. Rejuvenate your body and spirit. This class is designed to teach the basics of Yoga, proper alignment, relaxed breathing and how to flow into poses using proper techniques with guidance and step by step instruction. You'll stretch yourself out, breathe better and move more flexibly by gaining balance and strength. Props will be provided when needed.

Thursday's Class - This Yoga Class will combine gentle and easy flow movement including sitting, standing and reclining poses. Balancing and more challenging poses will be added on occasion. Props will be provided as needed. Your personal Yoga development will be emphasized and you will feel stronger, more flexible and relaxed.

17W150-1 Session 1 - Register by Jan. 18

Location:	Heritage HS.	Day(s):	Tuesday(s)
Class Fee:	\$40	Date(s):	Jan. 24 – Feb. 21
Time:	6 - 7 PM		

17W150-2 Session 2 - Register by Jan. 18

Location:	Heritage HS.	Day(s):	Thursday(s)
Class Fee:	\$40	Date(s):	Jan. 26 – Feb. 23
Time:	6 - 7 PM		

17W150-3 Session 3 - Register by Feb. 24

Location:	Heritage HS.	Day(s):	Tuesday(s)
Class Fee:	\$40	Date(s):	March 7 – April 11
Time:	6 - 7 PM		*No Class March 28*

17W150-4 Session 4 - Register by Feb. 24

Location:	Heritage HS.	Day(s):	Thursday(s)
Class Fee:	\$40	Date(s):	March 9 – April 13
Time:	6 - 7 PM		*No Class March 30*

Activities and **classes will not meet** when Saginaw Township Community Schools are **closed** due to inclement weather. Check the school district website (www.stcs.org) for cancellation notices.

EXERCISE & DANCE

TAI CHI & QIGONG FOR HEALTH (2 sessions)

Tai Chi and Qigong is beneficial for good health, energy and enjoyment. Transform your quality of life with Tai Chi and Qigong as millions of Chinese have. You will get a satisfying workout emphasizing balance, joint mobility, circulation, endurance, and a sensation of energy (Chi). It is a physical activity that you can easily maintain. It is believed, the slow-paced "meditation in motion" of Tai Chi is a promising addition to regular heart care as an option for those unable to engage in other forms of physical activity. Wear comfortable clothing. Instructor: Jim Bush.

17W145-1 Session 1 - Register by Jan. 20

Location:	Arrowwood Conf. Ctr.	Day(s):	Wednesday(s)
Class Fee:	\$30	Date(s):	Feb. 1 – March 1
Time:	6 - 7 PM		

17W145-2 Session 2 - Register by Mar. 3

Location:	Arrowwood Conf. Ctr.	Day(s):	Wednesdays.
Class Fee:	\$30	Date(s):	Mar. 15 – Apr. 19
Time:	6 - 7 PM		*No Class March 29*

Save a class! REGISTER EARLY! REGISTER TODAY!

Special Interests

TRASH INTO CASH: Ebay 1

Got too much stuff? Make money cleaning out your garage or basement by selling your unwanted belongings on eBay! The Basics of Selling on eBay I is designed to equip beginners with the fundamental knowledge & skills to become a successful seller on eBay. Taught by a veteran eBay PowerSeller who is an Education Specialist trained by eBay, the course shows you how to: Create eBay and PayPal accounts, display & describe items that you are selling, determine pricing and listing options. Basic computer skills required. An 86-page eBay-prepared study guide may be purchased for \$20 on the day of the class.

Instructor: Cheri Friske

17W200-1 Session 1 - Register by Feb. 10

Location:	Heritage HS	Day:	Wednesday
Class Fee:	\$39	Date:	February 22
Time:	6 – 9 PM		

17W200-2 Session 2 - Register by Apr. 7

Location:	Heritage HS	Day:	Wednesday
Class Fee:	\$39	Date:	April 19
Time:	6 – 9 PM		

Special Interests

SIGN LANGUAGE AND MUSIC

What an interesting combination, but a fun way to learn American Sign Language. You will be taught sign language vocabulary through song in three class sessions. Come in, have fun and get your Sign on! Instructor: Lee Ann McLeod.

17W205-1 Register by Jan. 27

Location:	Heritage HS	Day(s):	Monday(s)
Class Fee:	\$45	Date(s):	February 6 - 20
Time:	6 – 8 PM		

FLY FISHING WITH JAC FORD, MERSHON CHAPTER PRESIDENT TROUT UNLIMITED

The fly-fishing class is a basic class for people who have little or no knowledge of fly fishing or casting. Youth, as well as adults, are invited to attend. Jac teaches the concepts of fly fishing and casting; how to use a rod, reel, backing, line, tippet and flies; what the fish sees below and above the water; how to read and fish a river; and trout food (emergence chart for Michigan) and hatches. Students first hone their skills with a fly-o, then spend time in the school's gym casting with fly rods. Class fee includes a year's membership to Trout Unlimited except for those who have had a membership any time during the past three years. No extra charge for the bigger-than-life tales!



17W210-1 Register by Jan. 18

Location:	Arrowwood	Day(s):	Monday(s)
Class Fee:	\$60	Date(s):	Jan. 23 – Feb. 20
Time:	7 – 9 PM		

FLY TYING WITH JAC FORD, MERSHON CHAPTER PRESIDENT TROUT UNLIMITED

Learn step-by-step fly-tying methods, using videos developed for the class and receive individual instruction. Youth, as well as adults, are invited to attend. When the class is completed, participants will have been exposed to the basic techniques necessary to tie most flies successfully. Participants will tie the following flies: Green Caddis Pupe, Hares-Ear nymph, Comparadun, Elk Hair Caddis, Roberts Yellow Drake, parachute and standard Adams, Egg-Suckin-Leech, floating mayfly emerger and a poly-wing mayfly spinner. Equipment, materials and use of the flies are discussed and, of course, there are the usual fishing stories. Class fee includes a year's membership to Trout Unlimited except for those who have had a membership anytime during the past three years. Guest tyers will include Bill Priest, Don Albrecht and Carl Hubinger.

17W215-1 Register by Jan. 18

Location:	Heritage High School	Day(s):	Tuesday(s)
Class Fee:	\$60	Date(s):	Jan. 24 – Feb. 21
Time:	7 – 9 PM		

Special Interests

GETTING PAID TO TALK

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is fun, realistic, and a great first step for anyone interested in the voice over field. For more info please visit: <http://www.voicecoaches.com/gptt> Instructor: Voice coaches. **17W220-1 Register by Feb. 17**

Location: Heritage HS
Class Fee: \$25
Time: 6:30 – 9 PM

Day: Thursday
Date: March 2



DIGITAL SLR PHOTOGRAPHY – Getting the Best Out of Every Pixel

Need help understanding your digital SLR camera? In the first of two classes we will go over all the buttons and dials on your camera and explain what they do and when to use them. Learn about the relationship between aperture, shutter speed and ISO. The second class will focus on how light and

composition creates interesting and beautiful images. Come to class with your camera and manual and any questions you may have. Instructor: Mike

Sonnenberg, Huron Photo. **17W225-1 Register by Jan. 27**

Location: Heritage HS
Class Fee: \$45
Time: 6:30 - 8:30 PM

Day(s): Monday(s)
Date(s): February 6 & 13

ALTERING READY-TO-WEAR FASHION for BEGINNERS

Do you need to shorten a pair of pants or skirts? In this 4 week class, you will see demonstrations on how to alter your clothing. Come to this class to learn how to repurpose garments. The class will teach you how to replace zippers, shorten sleeves and make your clothes fit. Bring your sewing machine if you have one, and a project to work on. There will be a few machines available to share. Instructor: Christopher Eddington, Master Tailor, Executive Tailoring & Sewing.

17W230-1 Register by Jan. 27

Location: Heritage HS
Class Fee: \$50
Time: 6 - 8 PM

Day(s): Tuesday(s)
Date(s): February 7 - 28

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Register by Jan. 18 and save! Use coupon code **SAVEABUCK** when you register and you'll save \$1 off your registration fee!

Special Interests

INTRODUCTION TO BEEKEEPING...TO BEE OR NOT TO BEE!

In this comprehensive class you will learn the basics of beekeeping. By the end of the session you should have enough information to decide if beekeeping is for you. Classes will be taught off-site at the Klein Family Farm of St. Charles. Terry Klein has served as vice president of the Saginaw Valley Beekeepers, Michigan Beekeepers, and Michigan Commercial Beekeepers organizations. TM Klein & Sons Farm was recently



recognized by the Saginaw Chamber of Commerce with the Outstanding Small Business Award. Classes will consist of videos, Q&A sessions, discussions, support, hands-on experience and advice on building hives. Some sessions will be held indoors and hands-on sessions will be outdoors so dress for the weather. Bees are necessary for our existence as they pollinate the plants upon which we and other animals dine. ** Please Note: Classes in March are from 6-8 PM and classes in April are one hour earlier from 5-7 PM.**

17W235-1 Register by Mar. 3

Location:	TM Klein & Sons Farm	Day(s):	Thursday(s)
	11785 W. Wahl Road,	Class Fee:	\$65
	St. Charles 48655		
Date(s):	March 16 & 23	Time:	6 – 8 PM**
Date(s):	April 6 & 13	Time:	5 - 7 PM**

BICYCLE REPAIR & MAINTENANCE

Now is a good time to learn the proper maintenance to work on your bicycle. Be ready for that first warm spring day to go for a ride. You will learn basic repairs such as changing a flat tire, brake & shifting systems, chain repair, lubricating the bike, what special tools you will need for proper maintenance and many more helpful tips. Learning the proper style, size and type of bicycle that will fit your needs will also be discussed. This class will be held off-site at Bicycle Village. Q & A at the end of the class. Instructors are Fred Bauer and Vincent Cirilo.

17W240-1 Register by Mar. 10

Location:	Bicycle Village	Day:	Wednesday
	5675 Bay Road, Saginaw	Date:	March 22
Class Fee:	\$15	Time:	6 - 8 PM

If you don't get a phone call from us after registering, it means your class is a go! You will only hear from us if the class is cancelled.

ALL **refunds** must be requested at least 3 days before the start of a class. Unfortunately, refunds cannot be given after this 3-day time frame. A \$4 processing fee will be charged for dropped classes.

Special Interests

RE-PURPOSE FURNITURE WITH CHALK PAINT

Do you have chairs, tables or any style of furniture you are not using? Found a bargain at a garage sale? Learn how to re-finish without using paint strippers, sandpaper or priming. Products are available in hundreds of colors. Use waxes, stencils and glazes for the perfect look. See how to achieve the shabby chic look. **Supply fee:** \$10 paid to instructor at class. Hosted by Gary Fahndrich, Westside Decorating Center.

17W415-1 Register by Jan. 27

Location: Heritage HS

Day: Monday

Date: February 6

Time: 6:30 - 8 PM

Class Fee: \$10

PAINT IT – DON'T REPLACE IT!

Learn how to save money and update your kitchen and bathrooms. Featured products include paint that looks like granite for countertops, paint for cabinets, painting ceramic tile, tubs, sinks. Perfect for re-decorating on a budget or if you are selling a home. **Supply fee:** \$10 paid to instructor at class. Hosted by Gary Fahndrich, Westside Decorating Center

17W420-1 Register by Feb. 10

Location: Heritage HS

Day: Monday

Date: February 20

Time: 6:30 - 8 PM

Class Fee: \$10

SOCIAL MEDIA MARKETING – GETTING THE RIGHT CUSTOMERS TO YOUR BUSINESS

Learn how to use social media the right way! This introduction to Social Media Marketing will teach you how to get more of the right visitors to your website, what you should or should not post, tools of the trade, and how to avoid or address negative publicity. A great starter course for those who want a career in Marketing or want to learn an important skill to help their business grow!

Instructor: Andrea Hewett **17W500-1 Register by Feb. 24**

Location: Heritage HS

Day(s): Tuesday(s)

Class Fee: \$50

Date(s): March 7 - 21

Time: 6:45 – 7:45 PM

DIVORCE STRATEGIES

Whether you're getting divorced, recovering from one, or watching one unfold, there are certain strategies you will need to consider to minimize the financial consequences both before and after a divorce. Q & A at the end of the class.

Instructor: Shelley Norris, Financial Advisor, Merrill Lynch, Pierce, Fenner & Smith, Inc. **17W510-1 Register by Feb. 17**

Location: Heritage HS

Day: Thursday

Class Fee: \$15

Date: March 2

Time: 6 – 8 PM

Special Interests

AGING PARENTS...YOU HAVE QUESTIONS, WE HAVE ANSWERS

Whether you have aging parents or you are a parent yourself wondering how to arrange things for your children, there are many questions to be answered and choices to be made regarding elder care. These include residence - such as in-home care and support, nursing home, assisted living facility or hospice - to name a few. What to do about Power of Attorney - and when. What about banking issues? When is the best time to step in and help out? What are the pros and cons of legal guardianship vs. Power of Attorney? These are just a few issues that arise with aging. Come to this enlightening class and ask questions of instructor Sharon Burgess, Attorney at Law. **17W505-1 Register by Feb. 24**

Location:	Heritage HS	Day:	Tuesday
Class Fee:	\$15/person \$20/couple	Date:	March 7
Time:	6 - 7:30 PM		

IS YOUR HOME MARKET READY?

This class will give valuable information on preparing your home for the market. In the past, real estate was all about location. These days, it's also about price, presentation, and marketing. Buyers are looking to be "WOW"ed! Learn about what improvements net you the biggest return in the shortest market time. The cost of recommended improvement could be cheaper than your first price reduction. Class will be hosted by Linda Sarmiento and Chris Erway of The Sarmiento Dream Team. **17W515-1 Register by Jan. 27**

Location:	Heritage HS	Day:	Tuesday
Class Fee:	\$15/person \$20/couple	Date:	February 7
Time:	6:30 - 7:45 PM		

IPAD 101: THE FUNDAMENTALS

If you have jumped on the iPad bandwagon but still don't feel as though you're using it to its full potential, join us for this class. We'll start with the basics and also cover apps, accessories, downloading books and movies, taking pictures, and much more. Bring your iPad to class, but please, no first-generation iPads! The instructor is Zachary Moreno who has been instructing for OLLI and provides advice to customers at a major local computer retailer.

17W520-1 Register by Jan. 20

Location:	Heritage HS
Day(s):	Wednesday(s)
Date(s):	February 1 & 8
Time:	6 - 8 PM
Class Fee:	\$48

IPHONE 101: THE FUNDAMENTALS

Have you recently taken the plunge and bought an iPhone? In this two-session class, we will go through the capabilities of this powerful tool and help you to become more comfortable using it. The instructor is Zachary Moreno who has been instructing for OLLI and provides advice to customers at a major local computer retailer.

17W525-1 Register by Feb. 10

Location:	Heritage HS
Day(s):	Wednesday(s)
Date(s):	Feb. 22 & Mar. 1
Time:	6 - 8 PM
Class Fee:	\$48

HEALTH

ESSENTIAL OILS: WHAT, HOW, AND WHY

Come join us in learning how essential oils can be used to assist you to regain or maintain a healthy, balanced body, mind, and spirit. Learn what essential oils are, what benefits therapeutic grade essential oils provide, how they affect the brain and body and how to determine if oils are high quality. You will receive an oil usage guide, and some sample oils to try using at home at the first class. Learn about individual oils, the healing properties they have, and how to use them properly. We will discuss personal experiences with oils at the second class and you will be given the opportunity to purchase Doterra Essential oils if desired. Supply Fee: \$5 payable to the instructor the first night of class.

Instructor: Linda Thomas RN CBT QNRT

17W300-1 Register by Jan. 18

Location:	Heritage HS	Day(s):	Thursday(s)
Class Fee:	\$25	Date(s):	Jan. 26 & Feb. 2
Time:	6:30 - 8:30 PM		

REIKI 1 TRAINING

Learn the healing art of Reiki and its very simple, yet powerful, techniques. The laying on of hands can be learned by anyone for relaxation and the release of stress, tension and anxiety. First degree Reiki training with attunements helps to enhance the flow of energy. It's a great healing technique for yourself, family and friends. Taught by Sharon Hutchison, Certified Reiki Instructor.

17W305-1 Register by Feb. 17

Location:	Arrowwood	Day(s):	Thursday(s)
Class Fee:	\$32	Date(s):	March 2 - 23
Time:	7:30 - 8:20 PM		

RELAXING MEDITATION

Relax your mind and body. Connect with your inner peace. Learn several simple meditations for specific practical purposes. Sharon will demonstrate breathing techniques, mantras and guided total body deep relaxation to help you on your path to wholeness. Wear comfortable clothing. Bring a mat, blanket OR towel AND a pillow. Instructor: Sharon Hutchison.

17W310-1 Session 1 - Register by Jan. 18

Location:	Arrowwood Media Center	Day(s):	Thursday(s)
Class Fee:	\$32	Date(s):	Jan. 26 - Feb. 16
Time:	7:30 - 8:20 PM		

17W310-2 Session 2 - Register by Mar. 30

Location:	Arrowwood Media Center	Day(s):	Thursday(s)
Class Fee:	\$32	Date(s):	April 13 - May 4
Time:	7:30 - 8:20 PM		

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Register by Jan. 18 and save! Use coupon code **SAVEABUCK** when you register and you'll save \$1 off your registration fee!

arts and crafts



ADULTS' WATERCOLOR WORKSHOP: WILDLIFE WONDERS

Learn how to draw and paint beautiful wildlife that you can display in your home or give as a gift. The perfect class for beginners. Pick up tips to make your art come to life! Supply fee: \$8 paid to instructor first night of class. Instructor: Andrea Hewett. **17W400-1 Register by Jan. 18**

Location: Heritage HS
Class Fee: \$35
Time: 6:45 – 7:45 PM

Day(s): Tuesday(s)
Date(s): Jan. 31 – Feb. 14

PERSPECTIVE DRAWING – LEVEL 1 & 2 FOR BEGINNING AND ADVANCED STUDENTS

Add a third dimension to your 2-D drawings. Perspective drawing is the study of very specific drawing rules that an artist can use to create a visual illusion and/or sensation of depth on an otherwise flat surface. This course will study the rules and principles of 1-point, 2-point and 3-point perspective drawing. Instructor: John Martinez.

17W405-1 Register by Jan. 27

Location: Heritage HS
Class Fee: \$90
Time: 6 - 8 PM

Day(s): Wednesday(s)
Date(s): Feb. 8, 15

COZY FLEECE BLANKET

Do you want the perfect cozy blanket for yourself or are you wondering what gift to give someone who has everything. This unique blanket is the perfect answer. Learn how to make a comfortable, warm, double fleece blanket, finishing the edges with a striking blanket binding stitch. This type of binding finish is not like the one where knots are tied. Have fun selecting the fleece that accents your personality. Once you have made one, you will want to make more of this super warm blanket. Instructions for purchasing the fleece and yarn will be sent to those who register. Instructor: Priscilla Baumann.

17W410-1 Register by Feb. 3

Location: Arrowwood Conference Ctr.
Class Fee: \$20
Time: 6:30 – 9 PM

Day: Friday
Date: Feb. 24

Where Does My Class Meet?

Class locations are listed for each class, but not the room. If your class is at Heritage, we will have staff there the 1st night with a schedule of rooms who will help you find your class! For other schools, call Community Education at 797.1847

arts and crafts

JAN'S SOCIAL PARTY ART AT THE BANCROFT WINE AND MARTINI BAR

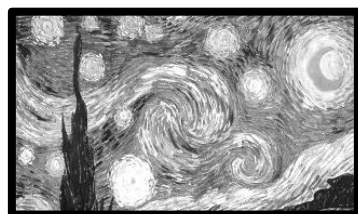


On Tuesday nights, Happy Hour runs all evening at the Bancroft! What better venue to create art than in the historical Bancroft Hotel in Saginaw? It was built in the 1800's and updated a few years ago. You and your friends will find great inspiration for your art within those walls. Students will be able to order food and drink items from the Bancroft menu. Jan Ratski has the supplies and expertise - and will bring the art to you! Shown is a view of the set-up from the last class.

Please note that the classes below are held off-site at The Bancroft.

STARRY, STARRY NIGHT

This is one beautiful tribute to couples....married, engaged, best friends or whatever! Each person will paint a half of the painting. It can stand alone or be displayed as a single unit - side by side!. Each person will get a 16 x 20 inch canvas to paint.



Supply Fee: \$30 paid to instructor at class. (Supply fee covers canvas, paint and all other materials needed for both people. **17W425-1 Register by Jan. 20**

Location: Bancroft, 101 S. Washington

Day: Tuesday

Class Fee: \$70 per couple

Date: January 31

Time: 6 - 9 PM



A CARDINAL IN WINTER

The photographer, Phillip Schwartz, has graciously allowed Jan to use his image for class. He is excited to see what the students create! His images are creatively inspiring! Each person paints on a 16 x 20 inch canvas. **Supply Fee: \$15 paid to instructor at class.** (Supply fee covers canvas,

paint and all other materials needed.) **17W430-1 Register by Feb. 3**

Location: Bancroft, 101 S. Washington

Day: Tuesday

Class Fee: \$35

Date: February 14

Time: 6 - 9 PM

BIRDS AND BLOOMS

This colorful picture will perk up any room and bring a smile to the beholder! Give it as a special gift or use it to decorate your own space with it. Each person paints on a 16 x 20 inch canvas. **Supply Fee: \$15 paid to instructor at class.** (Supply fee covers canvas, paint and all other materials needed.) **17W435-1 Register by Mar. 10**

Location: Bancroft, 101 S. Washington

Day: Tuesday

Date: March 21

Class Fee: \$35

Time: 6 - 9 PM



arts and crafts



APRIL SHOWERS

This canvas is a rainy shower of tulips to celebrate the coming Spring! After a long Michigan winter, this helps remind us of better weather ahead. Each person paints on a 16 x 20 inch canvas. **Supply Fee: \$15 paid to instructor at class.** (Supply fee covers canvas, paint and all other materials needed.)

17W440-1 Register by Apr. 7

Location: Bancroft, 101 S. Washington Day: Tuesday
Class Fee: \$35 Date: April 18
Time: 6 - 9 PM

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ZAPS SAT Test-Prep Seminar at Heritage High School

SAT Test Prep Seminar - March 3, 2017 **17W600-1**

For details, call Community Education at 989-797-1847 or online at www.celighthouse.org

Child and Babysitting Safety

The Child and Babysitting Safety training program focuses on supervising, caring for, and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills, and responding properly to ill or injured children or infants. Suggested for students ages 11-15. *Includes materials and certification card.* Please bring a bag lunch and snack. Instructor: Brian Mattheis, EMT-P **17W605-1 Register by Feb. 17**

Location: Arrowwood Conf. Ctr. Day: Friday
Class Fee: \$49 Date: March 3
Time: 9 AM – 3 PM

Activities and **classes will not meet** when Saginaw Township Community Schools are **closed** due to inclement weather. Check the school district website (www.stcs.org) for cancellation notices.

ALL **refunds** must be requested at least 3 days before the start of a class. Unfortunately, refunds cannot be given after this 3-day time frame. A \$4 processing fee will be charged for dropped classes.

Driver Education

Segment 2 Driver Education Heritage High School

Segment 2 will be offered this year for those who completed Segment 1 and have the required driving time. Time of class is 3 pm - 5 pm each day. Cost is \$30. Maximum enrollment is 36 students. Dates are March 6, 7, 8.

Call Community Education (797.1847) for registration details or pick up a Registration Form in our office inside Heritage High School (Board of Education)!

2017 Summer Driver's Education Segment 1

Driver's Education Information & REGISTRATION NIGHT

Feb. 15 @ 6:30 PM - Heritage Student Center

Just like last year, class time will be every day and all driving will be done on the road. The best news is that the cost will remain the same! Registration will open the night of the meeting. The dates are Thursday, June 15 through Wednesday, July 5. To be eligible, a student must be 14 years 8 months by June 15.

After the first two 2-hour class days, on-the-road drive time (6 hrs) is arranged with the road instructor at times other than class, in 1 ½ hour blocks, every day. Failure to attend results in removal from the program and loss of program fee. A required Parent Consent Form/Enrollment MUST be signed by a parent/guardian.

Cost: \$299 (includes a \$25 non-refundable registration fee). There are 4 payments options: (1) Full payment of \$299; (2) two-pay plan (\$152 and \$152); or (3) three-pay plan (\$103, \$103, and \$103); or (4) four -pay plan (\$79, \$79, \$79, and \$79). A payment must be made at time of enrollment. The full amount must be paid by May 26. Checks, Money Orders, cash, and Visa/MC payments are accepted. Questions: Call us at 797-1847!

Step By Step Preschool Child Development Center

Step By Step is a developmentally appropriate program for preschool children ages 3-5 years old, located at Arrowwood Elementary. It is licensed by the State of Michigan. There are two programs: a full day (7 am - 6 pm) year-long program (closed holidays) and school-year Enrichment from 8:30-11:30. The minimum attendance is 3 days per week. Children must be toilet trained.

Weekly Rates (25% discount for additional child) are:

Full Day	Enrichment
7 am - 6 pm	8:30-11:30 am
5 Days \$140	5 Days \$65
4 Days \$112	4 Days \$52
3 Days \$ 84	3 Days \$39



Application & Registration: To reserve your child's space in our program, there is a non-refundable \$15 individual or \$20 family application fee. Call the Community Education Office at 797-1847 for enrollment details!



Mom 2 Mom SALE



March 4 - Heritage High School

3465 N. Center Road, Saginaw, MI 48603

Admission: 9 to 10 am Early Bird - \$5; 10 am to 1 pm - \$3

Looking for moms (and dads) to sell goods!

Only \$20 for first spot (\$10 additional spots)! Call 989-213-8247

Vendors - \$50 per spot - Only One Vendor per business allowed

Contact Tess at 989-213-8247 to check the list!

Proceeds are for the "Stand Up Desk" Project. Research shows there is a health and learning benefit for students who stand rather than sit in student desks all day.

Lock in your spot today! Call 989-213-8247

Youth Enrichment Classes

Flyers will be going home through the schools the first week of January for Youth Enrichment classes. Online registration is also available at www.celighthouse.org for these following classes:

Jr. Engineer (PreK - 2nd) 2 classes

- **Junior Robotics:**
Adventure Stories 17W610-1
- **Junior Mechanical Engineering:**
Let's Make Toys 17W615-1

Apprentice Engineers (3rd- 5th)

- **Robotics:** Robo Battles 17W620-1
- **Electronic Game Designs:**
Racing Games 17W625-1

● Kids' Watercolor Workshop:

Cartoon Creators 17W630-1

- **Graphic Design:** Intro to
Photo Play 17W635-1

● Musico Spanish for

Elementary Students Grades
Kindergarten through 2nd
(3 sessions to choose from)
17W640-1 or 17W640-2 or
17W640-3

● Mid-Michigan Nature

Explorers for 1st - 5th
Graders 17W645-1

- **Kids Yoga - Ages 7-11**
17W650-1

- **Kids Yoga - Ages 12-17**
17W655-1

- **Fit Kids Dance Party – K-5th**
17W660-1 or 17W660-2

Daytime Aquatics Exercise/CardioSplit at the Sherwood Pool (corner of Mackinaw & Shattuck)

Enjoy the comraderies up to 5 days per week (see schedule below) and stay in shape with a low impact water workout in a warm water pool with instructor-led exercises you can do at your own pace. Purchase a Membership pass (see below) at the pool or pay \$3.25 per visit (\$4 for Lap Swim). Drop in at any time. Everyone is welcome! The ability to swim is not required!

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:55	Aquatics Exercise	Aquatics Exercise	Aquatics Exercise	Aquatics Exercise	Aquatics Exercise
8:10-9:05	CardioSplit	CardioSplit	CardioSplit	CardioSplit	CardioSplit
9:20-10:15	Aquatics Exercise	Aquatics Exercise	Aquatics Exercise	Aquatics Exercise	Aquatics Exercise
10:30-11:20	Aquatics Exercise		Aquatics Exercise		Aquatics Exercise
11:30-12:35	Lap Swim		Lap Swim		Lap Swim

Membership Rates: Aquatics Exercise/CardioSplit

	Under 60 yrs.	60 year or older
Yearly (until Aug. 4, 2017):	\$291	\$266
Quarterly		
● December - February:	\$ 92	\$ 86
● March - May:	\$ 92	\$ 86
● June - August:	\$ 79	\$ 73

Daily Rate is \$3.25 per visit, payable at the pool.

H2O BootCamp - Plan to get wet with a fast-paced high-energy class in Sherwood's warm water pool that will get your body moving without the joint contact that occurs on a hard floor! The ability to swim is not required. Choose the time that fits your schedule. Instructor is Marie VanTiflin. No Class Mar. 2

17WH20-1 Tues/Thurs: 6:10 - 6:55 pm Jan. 17 - Mar. 23 \$71

17WH20-2 Tues/Thurs: 7:00 - 7:45 pm Jan. 17 - Mar. 23 \$71

Register early! These classes fill up quickly!

Lap Swim

Days: Monday/Wednesday/Friday Time: 11:30-12:45 \$4.25 per visit

Half Year membership: \$150

Open Swim – Fridays from 7:15 - 8:15 pm (Feb. 3 – Mar 17)

\$4.25 per person (\$2 for Swim School members) or \$15 for a family up to 5 members. Children under 10 must be accompanied by an adult.

Swim School – Winter Registration

Classes held **January 30 through March 17** at the Sherwood Pool

Walk-in Registration at Sherwood: 5:30-6:30 pm each night

- Tues. , January 24: Members who just finished in January
- Weds. January 25: Returning members or new members. If you do not know the child’s swim level, an optional swim assessment is available to determine child’s swim level. Please bring swim suit/towel if being tested.

Walk in/Phone Registration (797.1847) for remaining openings accepted at Community Education from 8 am - 4:30 pm beginning Thursday, January 26.

Tiny Tots is for children ages 6 month - 4 years of age with an adult in the pool. Level 1 is for ages 4 years and older; Levels 2 through 8/9/10 are based on swim ability.

● Monday, January 30 through March 13 (7 sessions)

4:40-5:10 pm	Level 1	Level 2	Level 3	\$54
5:20-5:55 pm	Level 4/5	Level 6/7	Level 8/9/10	\$64
6:05-6:35 pm	Tiny Tots	Level 1	Level 2	\$54
6:45-7:15 pm	Level 1	Level 2	Level 3	\$54
7:20-8:00 pm	Level 4/5	Level 6/7	Level 8/9/10	\$74

● Wednesday, February 1 through March 15 (7 sessions)

4:40-5:10 pm	Tiny Tot	Level 1	Level 3	\$54
5:20-5:55 pm	Level 4/5	Level 6/7	Level 8/9/10	\$64
6:05-6:35 pm	Tiny Tots	Level 1	Level 2	\$54
6:45-7:15 pm	Level 1	Level 2	Level 3	\$54
7:20-8:00 pm	Level 4/5	Level 6/7	Level 8/9/10	\$74

● Friday, February 3 through March 17 (7 sessions)

4:40-5:10 pm	Level 1	Level 2	Level 3	\$54
5:20-5:50 pm	Tiny Tots	Level 1	Level 2	\$64
6:00-6:30 pm	Level 1	Level 2	Level 3	\$54
6:35-7:10 pm	Level 4/5	Level 6/7	Level 8/9/10	\$64

Adult Swim School Learn to swim lessons for adults. No previous swim experience needed.

Tuesdays 5:20-6:00 pm January 31 through March 14 \$54

Jr. Swim Club The Jr. Swim Club is a pre-competitive swim club for those who are considering joining a swim team and would like a more intense workout.

Thursdays 5:20-6:00 pm February 2 through March 16 \$74

Cyber “Night” School for High School Credit

Community Education offers ONLINE high school courses for credit in the early evening! Held in the Cyber School Room at Mackinaw High School, students can choose to earn credits to make up a class, to get ahead, need credits that transfer to their last high school to earn their diploma, or re-take a course as a refresher!

Days: Monday through Thursday, 3:30 - 6:30 pm, plus online access 24/7

Cost: \$179 per course (.5 credit)

Dates: A 7-week session begins upon enrollment

Call 797.1847 for class offering/registration information!



Non-Profit Organization U.S. Postage PAID Saginaw, Michigan Permit #114	Saginaw Township Community Schools 3465 N. Center Road P.O. Box. 6278 Saginaw, MI 48603	ECRWSS – EDDM POSTAL PATRON
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Creating a school climate less susceptible to harassment, bullying and violence is possible. We see it happening in socioeconomically and demographically diverse schools across North America every day. Making schools safer, more connected places where bullying and violence are replaced with kindness and respect; and where learning and teaching are awakened to their fullest. An evening event for the ENTIRE community!

Rachel's Challenge – Feb. 16!

Do we have your curiosity stirred up? Visit:
rachelschallenge.org/

Heritage High School 6 – 7 PM

You don't want to miss it!

Annual Family Dance for Valentine's Day



K-5 girls & boys! Invite your special adult for a night of music and dancing! Cost includes the Rusch Entertainment DJ, refreshments and a photo booth for picture-taking!

ARROWWOOD CONFERENCE CENTER
Friday, Feb. 17 from 7 - 8:45 p.m.

\$29 for one child; \$19 for additional child

**The event is limited to first 60 couples,
 so please register early!**