Concealed Carry Handgun
Learn the textbook and firing range knowledge you need to apply for a concealed weapon permit. This class provides eight (8) hours of instruction including live fire practice and qualification. You will need to provide your own gun, protective eyewear, and ball cap. Please request specific course instructions and requirements when registering.

Course # 2149, Hours: 10
Start • End Date: 05/24/14 • 05/24/14
Day: Sa Time: 8:00A – 6:45P
Cost: 79.00 (SS) Location Code: WFRG
Instructor: James Estes

Course # 2150, Hours: 10
Start • End Date: 08/02/14 • 08/02/14
Day: Sa Time: 8:00A – 6:45P
Cost: 79.00 (SS) Location Code: WFRG
Instructor: James Estes

Financial Investing
This course educates investors on the basics of investing and financial planning.

Creative Retirement
Course # 2762, Hours: 14
Start • End Dates: 05/19/14 • 07/07/14
Day: M Time: 6:00P – 8:00P
Cost: 51.25 (SS) Location Code: PMC
Building Location: Bldg 042 Rm 109
Instructor: Chad Virgil

Genealogy
Learn how to discover your family tree and uncover your rich roots.

Creative Retirement
Course # 2763, Hours: 14
Start • End Dates: 05/20/14 • 07/01/14
Day: T Time: 7:00P – 9:00P
Cost: 66.25 (SS) Location Code: SCC
Building Location: Rm 105
Instructor: Faye Sugg

Getting Paid to Talk/Making Money with Your Voice
Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area. This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

Creative Retirement
Course # 2942, Hours: 2.5
Start • End Date: 08/05/14 • 08/05/14
Day: T Time: 6:30P – 9:00P
Cost: 21.25 (SS) Location Code: HMC
Building Location: TBD
Instructor: Joe Gallogly

Hatha Yoga
A gentle yoga class designed to build one’s strength and flexibility while creating a feeling of balance, relaxation, freedom and joy. This class is a perfect way to start the new year! Students are required to bring yoga mats.

Creative Retirement
Course # 2711, Hours: 10
Start • End Dates: 05/21/14 • 07/23/14
Day: W Time: 6:00P – 7:15P
Cost: 66.25 (SS) Location Code: PMC
Building Location: Bldg 042 Multipurpose Rm
Instructor: Kim Caraganis

Dance – Shag I
This course is designed to teach basic fundamentals of Shag dancing.

Creative Retirement
Course # 2941, Hours: 5
Start • End Dates: 05/28/14 • 06/25/14
Day: W Time: 7:00P – 8:00P
Cost: 36.25 (SS) Location Code: HMC
Building Location: Miriello Bldg Rm 135
Instructor: Larry Patterson

Dance – Swing
Students will learn the basic “single time swing step” as well as turns and variations.

Creative Retirement
Course # 2943, Hours 5
Start • End Dates: 05/29/14 • 06/26/14
Day: Th Time: 7:00P – 8:00P
Cost: 36.25 (SS) Location Code: HMC
Building Location: TBD
Instructor: Roderick Goode

Dog Obedience – Beginning
Bring your best furry friend to this fun, yet intensive beginner obedience/home management class for dogs over 6 months old. You will learn how to train your dog using positive reinforcement. Teach your pooch how to walk on a loose leash, come when called, and sit and stand when asked. This is a “must” for all new dog owners, especially if your dog is from a shelter or rescue. No dog is too old to learn. First class is mandatory orientation with owners only – no dogs allowed.

Creative Retirement
Course # 2181, Hours: 10.5
Start • End Dates: 06/10/14 • 07/22/14
Day: T Time: 6:00P – 7:30P
Cost: 66.25 (SS) Location Code: WBW
Building Location: Main Bldg Rm 120
Instructor: Pat Sullivan
## Health and Wellness
Participants will be introduced to the latest knowledge concerning behavioral health and wellness, and have the opportunity to assess their current levels of health and fitness as defined by the health and medical communities. Topics covered will include the physical, intellectual, emotional, spiritual, environmental and psychological aspects of overall wellness.

**Course # 2167, Hours: 6**
- **Start • End Dates:** 06/03/14 • 07/08/14
- **Day:** T
- **Time:** 1:00P – 2:00P
- **Cost:** 39.00
- **Location Code:** WBW
- **Building Location:** Main Bldg Rm 216
- **Instructor:** Ron Holloway

## Creative Retirement

**Course # 2712, Hours: 8**
- **Start • End Dates:** 06/04/14 • 07/23/14
- **Day:** W
- **Time:** 3:00P – 4:00P
- **Cost:** 51.25 (SS)
- **Location Code:** PMC
- **Building Location:** Bldg 042 Multipurpose Rm
- **Instructor:** Ron Holloway

## Home Repair 101
Are you tired of paying repair men or relying on others to come and fix those basic problems in your home? In this course you will learn the skills, tips and tricks needed to tackle those basic repairs such as clogged drains, hanging a ceiling fan or hole in the wall. These and many more will be covered in this class. Empower yourself and your pocketbook to be your own handyman or handywoman.

**Course # 2137, Hours: 12**
- **Start • End Dates:** 06/10/14 • 06/26/14
- **Day:** TTh
- **Time:** 6:00P – 8:00P
- **Cost:** 39.00 (SS)
- **Location Code:** WBW
- **Building Location:** Main Bldg Rm 120
- **Instructor:** Chris Vaughan

## Learning the Power of Positive Thinking
It is quite common to hear people say “Think Positive” to someone who feels down and worried. Most people do not take these words seriously, as they do not know what they really mean. Positive thinking is a mental attitude which admits into the mind thoughts, words and images which are conductive to growth, expansion and success. This seminar will be presented by Crystal McIver, who has been serving as a Life Coach since 2000. She teaches professional development workshops on a wide range of topics, including: work-life balance, networking skills, and communications skills.

**Course # 2169, Hours: 2**
- **Start • End Date:** 06/10/14 • 06/10/14
- **Day:** T
- **Time:** 6:00P – 8:00P
- **Cost:** 10.00 (SS)
- **Location Code:** WBW
- **Building Location:** Main Bldg Rm 215
- **Instructor:** Crystal McIver

## Mind-Body Movement
This course will introduce participants to specific movement and breathing techniques designed to benefit overall health and wellness. Upon completion of this course, participants should have at their disposal a lifelong movement program that will contribute to long-term health and wellness.

**Course # 2945, Hours: 5**
- **Start • End Dates:** 06/02/14 • 07/28/14
- **Day:** M
- **Time:** 1:00P – 2:00P
- **Cost:** 43.25 (SS)
- **Location Code:** HMC
- **Building Location:** TBD
- **Instructor:** Ron Holloway

## Mythology – Joseph Campbell with Bill Moyers
This class will deal exclusively with the interview Bill Moyers conducted with famous mythologist, Joseph Campbell, whose book The Hero with a Thousand Faces was the inspiration for George Lucas’ Star Wars movies.

**Course # 2168, Hours: 6**
- **Start • End Dates:** 06/05/14 • 07/17/14
- **Day:** Th
- **Time:** 1:00P – 2:00P
- **Cost:** 39.00 (SS)
- **Location Code:** WBW
- **Building Location:** Main Bldg Rm 216
- **Instructor:** Ron Holloway

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For registration information, refer to page 2. For location key, refer to page 3.
Retirement Planning
Most folks have worked for decades to save up enough money for retirement. But the 21st century presents challenges and decisions that retirees of previous generations have not had to consider. Retirees need to understand how the complex Social Security and Medicare decisions can impact their finances as well as budgeting pitfalls to avoid.

Creative Retirement  
Course # 2772, Hours: 3
Start • End Dates: 05/20/14 • 06/03/14
Day: T  Time: 7:00P – 8:00P
Cost: 35.00 (SS)  Location Code: PMC
Building Location: Bldg 042 Rm 108
Instructor: Lyn Adams, Ann Broadway, Elizabeth Donner

Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income!
The bottom line is that Social Security is very complex and there are few rules of thumb that apply to everyone. Each case must be analyzed individually and coordinated with the rest of the client’s financial and life plan. Most boomers do not have the tools or knowledge to do this on their own. You’ll learn the 5 factors to consider when deciding to apply for benefits.

Course # 2138, Hours: 1.5
Start • End Date: 05/27/14 • 05/27/14
Day: T  Time: 2:00P – 3:30P
Cost: Free (SS)  Location Code: WBW
Building Location: Main Bldg Rm 216
Instructor: Dr. George S. Harvey CFP

Course # 2139, Hours: 1.5
Start • End Date: 05/27/14 • 05/27/14
Day: T  Time: 6:30P – 8:00P
Cost: Free (SS)  Location Code: WBW
Building Location: Main Bldg Rm 216
Instructor: Dr. George S. Harvey CFP

Tai Chi for Health – Part I
Students will be introduced to the correct form and sequence of beginner level Sun Tai Chi movements. Physical and mental well being will be enhanced by improving posture, balance, flexibility, range of motion, muscle strength, mental focus, and relaxation.

Creative Retirement  
Course # 2713, Hours: 15
Start • End Dates: 05/20/14 • 07/22/14
Day: T  Time: 6:15P – 7:30P
Cost: 56.25 (SS)  Location Code: PMC
Building Location: Bldg 042 Multipurpose Rm
Instructor: Patty Strother

Zumba
Zumba is a physical exercise with a Latin flare. It allows you to move and enjoy exercise and not feel as if you are exercising.

Course # 2944, Hours: 8
Start • End Dates: 06/09/14 • 07/28/14
Day: M  Time: 7:00P – 8:00P
Cost: 36.25 (SS)  Location Code: HMC
Building Location: Miriello Rm 135
Instructor: Catina Autry