



Classes start August 20  
Election Day (No Class) Nov. 5  
Thanksgiving (No Class) Nov.28  
Last day of classes December 5

## **Fall 2024 Course Descriptions**

### **Course: Get Fit with Yoga**

Instructor: Janice Edwards /Deb Currier

Tuesdays and Thursdays **9:00-9:25**

Tuition: \$125

*Plan to increase your strength, flexibility and lung capacity while boosting your mood! Using a series of stretches and breathing exercises, students will learn practices that can improve their well-being. Accommodations for differing mobilities and chair yoga poses are provided.*

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### **Course: Dollars & (Financial) Sense**

Instructor: Becky Fox/Tammy Napier

Tuesdays and Thursdays **9:00-9:25**

Maximum enrollment:

Tuition: \$125

*Do you need to know about budgeting and using money wisely? This class will cover basic math skills that focus on finances, including budgeting, paying bills, using money and making purchases. Students will also work with the financial matters involved in running the coffee cart.*

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### **Course: Clothing Creations**

Instructor: Janice Edwards/Tammy Napier

Tuesdays and Thursdays 9:30-10:20

Tuition: \$250

*Learn some basic sewing skills and use your creativity to construct something you can wear or give as a gift. Students will receive instruction on measuring and cutting fabric, making basic repairs of clothing, using a needle and thread and operating a sewing machine.*

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Course: **Beverage Biz**

Instructor: Deb Currier /Becky Fox  
Tuesdays and Thursdays 9:30-10:20  
Tuition: \$250

*This class will practice job skills by beginning a CFL coffee business on the Quincy campus. We are partnering with EFB (Electric Fountain Brewing) to create delicious hot and iced beverages. Students will learn how to market, prepare and sell products.*

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Course: **Self-Advocacy (Required Class)**

Instructors: Julie Quinn  
Tuesdays and Thursdays 10:30-10:55  
Tuition: \$125

*This is required course is designed to help you learn about yourself! We will learn to better understand and communicate our needs, as well as discover what supports might help. Students will increase their understanding of and engage in discussions about a variety of topics focusing on quality of life.*

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Course: **Global Celebrations**

Instructor: Deb Currier/Becky Fox  
Tuesdays and Thursdays 11:00-11:50  
Tuition: \$250

*If you are interested in learning more about cultures and holidays around the world, along with geography and current events, this is the class for you! This class can be redesigned as the semester progresses to accommodate specific student interests.*

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Course: **Eating for Life**

Instructor: Tammy Napier  
Tuesdays and Thursdays 11:00-11:50  
Tuition: \$250

*The goal of this course is to gain insight into making tasty snacks, main courses, or desserts that can help create healthier lives. In this class, students will be involved in planning, sanitation, preparation, eating and clean-up.*

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**Course: Art Around the World**

Instructor: Tammy Napier

Tuesdays and Thursdays 1:00-1:50

Tuition: \$250

*In this hands-on class, you will use artwork from various countries and regions to inspire your own art! You will create unique works of art that mimic art from around the globe. See how learning about other artists can influence your skills.*

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**Course: Mind/Body/Spirit**

Instructor: Deb Currier/Janice Edwards

Tuesdays and Thursdays 1:00-1:50

Tuition: \$250

*Interested in a fun way to boost your energy? In this class we will experiment with rhythm, movement and music to see how they can elevate your spirit. We will also exercise our brains and improve critical thinking through puzzles and games.*

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**Course: Performance Arts**

Instructors: Deb Currier

Tuesdays and Thursdays 2:00-2:50

Tuition: \$250

*This class will introduce students to the important elements of performance through fun group activities. Learn how speaking in front of others, role-playing and personal awareness can help you gain confidence! One goal of this course is to prepare an organized performance at the end of the semester!*

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**Course: Fall Gardening**

Instructors: Becky Fox/Janice Edwards

Tuesdays and Thursdays 2:00-2:50

Tuition: \$250

*Gardening in the fall and early winter? Yes! This class will spend time growing flowers and vegetables in the John Wood Greenhouse and in the classroom in our brand-new tower garden. We will also plant some flower bulbs in the trails and help prepare other campus plants for the winter.*