

TAI CHI CH'UAN YANG STYLE

INSTRUCTOR MIKE CLEMENS

TUESDAYS AND THURSDAYS

1ST SESSION/JAN 25-FEB 24, 6-7:30 PM

2ND SESSION/MARCH 1-31, 6-7:30 PM

DAVIES THEATRE, CLASS FEE \$60. PER SESSION

People all around the world are enjoying the benefits of Tai Chi each day. This course is for anyone that wants to increase balance and circulation, relax tight muscles and increase energy. Tai Chi also calms the mind and strengthens the body. Join instructor Mike Clemens and experience the wonderful benefits as you explore this time-honored method of exercise.



NECK, SHOULDER & HEAD MASSAGE

INSTRUCTOR MARY SHIDELER

TUESDAY, FEB 8, 6:30-8:30 PM

202 DAVIES HALL, CLASS FEE \$20.

This workshop focuses on releasing these commonly tense parts of the body. Help relieve headaches, jaw tension, tight shoulders and more. Relax, get those shoulders away from your ears!

FOOT REFLEXOLOGY

INSTRUCTOR MARY SHIDELER

TUESDAY, FEB 15, 6:30-8:30 PM

202 DAVIES HALL, CLASS FEE \$20.

Release your stress and tension through relaxing foot massage. Reflexology is a mapping of the foot pressure points and areas that can enhance energy flow and relieve pain in virtually every area of your body. Learn massage techniques that can be self administered or given to others.

HOME BREWING

INSTRUCTOR STEVE BENSON

MONDAYS, JAN 31-FEB 28 (SKIP 2/21) 5:30-9:00 PM

107 WILSON HALL, CLASS FEE \$75.

Learn to brew great beer at home from a brewer with 30 years of experience. All aspects of home brewing will be covered and you will work hands-on from brewing to bottling. The course spans a month so you can begin brewing your own beer at home during class. You will have the opportunity to sample a number of styles of home brew so you must be 21 years of age to take this class.



ADVANCED HOME BREWING

INSTRUCTOR STEVE BENSON

MONDAYS, MARCH 7, 14, 21, APRIL 4 AND 11, 5-10 PM

107 WILSON HALL, CLASS FEE \$95.

Hands on beer brewing and tasting. Advanced methods, all grain brewing, kegging, flavors, styles, recipe design and

artistry in brewing. Wine and honey mead making will be covered. Participants must have taken the intro class or have had previous experience in homebrewing beer. This class is for students with an interest in more involved techniques. Must be 21 years of age.

INTERIOR DESIGN SECRETS: ACCESSORIZING YOUR HOME

INSTRUCTOR BARBARA BLANK

TUESDAY, FEB 1, 6:30-8:30 PM

BACKES STUDENT CENTER, CLASS FEE \$20.

Have you wondered about that "certain something" that makes a home comfortable and well appointed? Learn the secrets of how to accessorize a mantel, arrange table tops, hang art and generally fill in those spots in a room that makes it a warm and engaging space. Join Barbara Blank, Interior Designer, on this evening journey into the pleasure of creating your own beautifully accessorized home interiors.

ART FURNITURE

INSTRUCTOR DIANE RUTHERFORD

TUESDAYS, MARCH 1-APRIL 5, 6-8 PM

105 DAVIES HALL, CLASS FEE \$55.

Do you have an old chair or table that you would like to make into a beautiful piece of art? In this easy step-by-step class, artist Diane Rutherford will teach you how to take something old and with thinned tinted paint and colorful mosaic turn it into a functional art piece. The first night each participant should bring a table, chair or other piece of furniture to class. We will start out by stripping the piece and then the creative process begins. This is one of those classes that at the end all you can say is WOW!! (Participants will be given a short supply list at the first class.)

FLOWERED PINS

INSTRUCTOR DEB FRAZIER

TUESDAY, FEB 15, 6-9 PM

BACKES STUDENT CENTER, CLASS FEE \$20.

Accessories are big this season! Learn how to knit your own. Have a poncho that needs the extra touch of a nice knitted flower pin or a bag, hat, slipper that could use an added embellishment? Learn to knit & felt flowers, stems and vines. Bring or purchase size 8 double point needles and size 10 straight point needles. Need to know knitting basics.

BEGINNING KNITTING

INSTRUCTOR DEB FRAZIER

THURSDAYS, FEB 3 AND 10, 6:30-8:30 PM

ADMIN CONFERENCE ROOM, CLASS FEE \$25.

Everyone is knitting and you can too by taking this wavy rib scarf class. Learn the basics; cast on, knit, purl and bind off. Bring or purchase 465 yards of worsted weight yarn and size 9 straight point needles.

SALSA DANCING!

INSTRUCTORS JON AND SUZY LANGHOUT

FRIDAY, FEB 11, 7-10 PM

MULLINS GYM, CLASS FEE \$20.

Get in on this spicy dance craze! Salsa is a sultry, fast and flashy Latin dance that will keep you moving. We'll focus on the basic steps and turns of salsa dancing to get you out on the floor in style.

ROCK & ROLL & BIG BAND SWING

INSTRUCTORS JON AND SUZY LANGHOUT

FRIDAY, MARCH 11, 7-10 PM

MULLINS GYM, CLASS FEE \$20.

This Friday night dance class will begin with a 1950s style Jitterbug step that became popular during the early hey day of Rock and Roll. Think sock hops, poodle skirts and that "driving" beat. Get ready for underarm turns, wrap turns, free and closed spins and two hand and one hand holds. Great exercise, great fun! Partners recommended but not required.

WATER GARDENS

INSTRUCTOR DANIEL DIX

WEDNESDAY, FEBRUARY 23, 6:30-8:30 PM

BACKES STUDENT CENTER, CLASS FEE \$15.

The hottest landscape feature being installed today is the Water Garden. The sound of a splashing waterfall and the sight of a tranquil reflective pool prove to be an irresistible draw for everyone. Daniel Dix, owner of Wood Spirit Gardens, has installed water gardens in many different circumstances and is very familiar with the do's & don't's that come with water gardens. Learn how to make your yard a haven for wildlife and your water garden an intrinsic part of your landscape.

COLLAGES FOR FUN AND SELF DISCOVERY

INSTRUCTOR BONNIE HENRIKSEN

TUES JAN 25, 6:30-8:30 PM

BACKES STUDENT CENTER, CLASS FEE \$15.

You know the old saying, "A picture is worth a thousand words." This one night workshop offers an opportunity to explore messages in pictures that capture your attention. Participants will create collages-picture boards—with collections of magazine pictures and photographs, and discuss how these eclectic creations speak a thousand words about the person or an issue or problem he/she is working through. Collages carry myriad messages to the creator as well as to the recipient if they are used as a card or gift. Have fun, come with a friend, and learn secrets from your heart! Bring scissors, poster board and several old magazines and copies of special photographs.

EOEE available in alternate format
Member of the MN State Colleges and Universities system



TAKE 2 AND CALL ME IN THE MORNING

INSTRUCTOR KATHIE ALLEN

WEDNESDAY MARCH 9, 8:30 AM-12:30 PM

BACKES COLLEGE CENTER, CLASS FEE \$55. 4 C.E.U.'s

If only it was that easy for health care professionals. Do you live with the daily stress of patients' changing needs, not having enough time to do everything required, pressures for immediate results, and the feeling that if you talked about your stress at home, someone would listen but no one would truly understand? The World Health Organization calls stress a global epidemic, and health care professionals are not exempt from it. This workshop is an interactive workshop on stress reduction. Learn where your stress comes from and what you can do to manage it.

KATHIE ALLEN, M.S.ED., CPCC, HAS TAUGHT WELLNESS, WOMEN'S HEALTH, NUTRITION, MOVEMENT CLASSES, FIRST AID, AND HEALTHY RELATIONSHIPS COURSES AT ITASCA COMMUNITY COLLEGE FOR 31 YEARS. SHE ALSO HOLDS A CERTIFICATION IN HOLISTIC STRESS MANAGEMENT.

THE ART OF PHOTOGRAPHY

INSTRUCTOR JUDY NELSON

THURSDAYS, FEB 10, 17, AND 24, 6:30-8:30 PM

BACKUS STUDENT CENTER, CLASS FEE \$35.

Ever wondered how to capture the "mood" of a city? How to get that "artistic" look into your photo? This class will change how you "look" for subjects, lighting, emotions, colors and contrasts. You will get professional tips on film, tricks for shooting in unusual light, how to compose people in a scene and "where to put stuff" in the frame. Whether you are shooting snow flakes in your own backyard or planning a trip to Africa, this class will enhance your photographic abilities. No prior experience necessary but must have a 35mm camera, telephoto preferable. Students will be working with 35 mm slide film (may purchase from the instructor) and local developing. There will be time for group and individual feedback on your photos.

JUDY NELSON IS A FULL-TIME COMMUNICATIONS FACULTY MEMBER AT ICC. JUDY HAS A MINOR IN PHOTOGRAPHY FROM THE COLLEGE OF ST. SCHOLASTICA, WHERE SHE WORKED WITH THE LATE SR. NOAMI. SHE RECENTLY EXHIBITED HER PHOTOGRAPHS OF CUBA AT THE REIF CENTER IN GRAND RAPIDS.

MARK YOUR CALENDARS!

COLLEGE FOR KIDS DATES:

JUNE 13-23



