

SUPER SATURDAY – APRIL 26 – FOOTHILLS

SUPER SATURDAY ONE-TIME SEMINARS

These special interest seminars are offered only on Super Saturday at Foothills Adult Education Center. For further information call 619-956-0387.

DATE: APRIL 26, 2008

FEES:

\$20 for each morning or afternoon seminar. Save \$5 and pay only \$35 if you attend a morning and an afternoon seminar.

\$35 fee for all day seminars.

SEMINAR TIMES:

Mornings 9:00 am - Noon.
Afternoons 12:30 – 3:30 pm.

PREREGISTRATION IS REQUIRED.

Use form on class schedule web page.

Fresh food is available for purchase during lunchtime and breaks.

FOOTHILLS ADULT CENTER
1550 Melody Lane, El Cajon, CA
619-956-0387

SAVE \$5

ATTEND TWO SEMINARS FOR ONLY \$35.

Enjoy a full day learning new skills!
Don't forget....

FRESH FOOD AVAILABLE FOR LUNCH.

Courses available BOTH MORNING & AFTERNOON

BUYING FORECLOSURES

Learn about all aspects of buying foreclosures and bank-owned properties. Discover how to shop around and save on loans, interest rates, low down and no down programs, escrow, title, inspection, appraisal and qualifying. Find out how to invest in real estate and grow rich.

Instructor: Mimi Teachout
Morning Course: #222061
Afternoon Course: #222063

DIGITAL PHOTOGRAPHY BOOT CAMP

Are you ready to push your new digital camera to its limits? Then join award-winning Marine Corps combat correspondent and 14 year veteran newspaper editor on a visual journey you'll never forget. Learn how any camera, SLR or Point-n-Shoot, can and will capture unforgettable images. Boot camp offers an honest and sometimes brutal approach to better photography. Prior Boot Camp students should not take this course.

Instructor: Rod Deutschmann
Morning course #229528
Afternoon Course #229527



EBAY MADE EASY

Discover the world's largest garage sale.....eBay! Learn How to buy and/or sell with ease from a long time eBay Power seller. Some experience with computers and the Internet is required. Sign up early, this class fills fast. Computer lab capacity is 24.

Instructor: Amy Stough
Morning Course #228724
Afternoon Course #228725

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Courses available

ONLY IN THE MORNING

FAMILY CAMPING

Come learn basic camping and outdoor skills to enjoy your own family camping trips. Plus receive a where-to-go camping guide. Instructor has over 12 years camping experience as a Boy Scout leader.

We will cover: cooking basics, fire safety, gear selection, clothing, personal safety, and more.

Instructor: Kelley Shotwell

Morning Course Only #225744

GOURMET COOKING – TAMALE PARTY

Make something different for your next party. Come join this fun, hands-on class where you will assemble and taste moist, delicious, easy-to-make (no lard) tamales. Instructor will also demonstrate how to make a variety of healthy southwestern salsas and side dishes. Recipes included. A \$10.00 supply fee will be collected from each student in class.

Instructor: Karen Swanson

Morning Course Only #221421

IMAGE UPDATE CLASS

Need an image update? Whether you're an executive, stay-at-home mom or somewhere in between - this class is for you! Learn what clothing colors AND styles work best on you. You'll feel more confident and pulled together when wearing the most flattering clothing for your particular body and it's simple and fun to find out what they are. Class includes Body Type Analysis handouts and color chart for your particular season. Class taught by Certified Image Consultant.

Instructor: Janie McKeithan

Morning Course Only #229101

ORGANIZING YOUR AFFAIRS

Are your affairs in order? What would you or your survivors do in a family emergency? There are so many details to be organized and financial contacts to be made that it is overwhelming to do while in crisis. Come and see how to get everything organized for you and your loved ones.

Instructor: Nancy Watson

Morning Course Only #222318

REIKI

Reiki is a gentle yet powerful method of hands on healing. It can be used to heal yourself, others, plants and animals. The word Reiki is Japanese and is pronounced ray-key. It means the holy, universal life force that is in every living thing. Anyone can learn to use Reiki. It is not a religion or religious. Reiki works because it brings your own power back to you.

Instructor: Nancy Taylor

Morning course only #225764

SOLAR ELECTRIC POWER FOR THE DO-IT-YOURSELFER

Learn to obtain and install a solar electric power system for your home. Topics include; types of solar panel, meanings of "grid-tie" and "net metering"; permits, rebates, and tax incentives. A step-by-step presentation of actual installation will be shown. Discover how this renewable energy really works. Instructor is a mechanical engineer who has installed a solar electric system on his home. A \$5.00 materials fee will be collected in class.

Instructor: Ron Ontell

Morning Course Only #222617

YOGA PLUS

Start your morning right with a stretching and strength building yoga session. (1-½ hours) Then learn about yoga's "sister science," ayurveda, a holistic health approach. Learn your "dosha" or individual constitution and ways to keep balanced. Find out what foods, activities, herbs, and essential oils are best for you body and personality type. Wear comfortable clothing and bring a towel or yoga mat.

Instructor: Amy Roberts

Morning Course Only #225725

Courses available

ONLY IN THE AFTERNOON

BABY SIGN LANGUAGE

Learn how signing with your child can help with language development, pre-reading skills, fine motor development, and increase brain activity. Babies as young as 4 months old can start signing their basic needs, signing can help to get you and your 12-24 month old through those frustrating toddler years and by introducing the ABC's in sign you can increase your preschoolers reading comprehension.

Instructor: Leah Albertson

Afternoon Course Only: #221808

DIABETIC DIET **NEW!**

Are you, or someone you know, following a 'diabetic diet'? A registered dietician will provide tips on: reading labels, counting carbs, and preparing easy tasty meals. Food demo and tasting included. (Course does not substitute for personal meal plan and follow-up by your physician) A \$10 material fee will be collected in class.

Instructor: Wendy Harrison

Afternoon Course Only #225516

EMERGENCY/DISASTER PREPAREDNESS — **NEW!**

Are you prepared for the next natural disaster? Southern Californians must be ready for anything. Come see what are the essential elements of a well prepared kit, and about community resources available to help get ready.

Instructor: Tod Aubin

Afternoon Course Only #225501

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HOT LATIN DANCING

Learn to dance salsa, cumbia and merengue, folkloric and individual style. It's what's "in" in New York, Miami, L.A., Mexico and Central and South America dance clubs. Singles and couples welcome. Get ready for some fun in this class. Dress comfortably.

Instructor: William Rodriguez
Afternoon Course Only #224508

HOW MONEY WORKS

Did you ever think you could have \$1,000,000 at retirement? It isn't that hard! This course will teach you the basics of investing, how to become debt free in the shortest possible time, how to avoid credit traps, and how insurance works. Learn what the banks and insurance companies aren't telling you!

Instructor: David Roppel
Afternoon Course Only #222055

MAKEUP MADE EASY

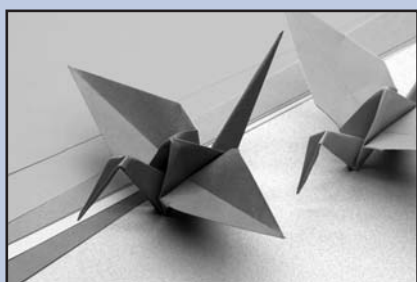
Spending more time than you want applying makeup each day? Learn how you can do professional looking makeup in 5 minutes using tips and tricks. Makeup can either make you look older or younger – you choose! Come to class with only moisturizer on. Course includes individual makeovers as time permits. Class taught by Certified Image Consultant. Optional Materials Fee: \$30 for Professional Makeup Brush Set.

Instructor: Janie McKeithan
Afternoon Course Only #229100

SURPRISES WITH ORIGAMI PAPER

Enjoy creating different crafts by using origami paper and pre-cut colored paper. This class will teach you the art of Japanese origami. You will be very surprised by what you create with colored paper in the class. Folding origami your mind and body relax. Working with paper will improve your finger dexterity. Let's enjoy. Paper costs, \$10 collected in class.

Instructor: Yuriko Hoots
Afternoon Course Only #229413



ALL DAY COURSES

ADOBE PHOTO SHOP ELEMENTS

Do you have an old photo that you want to restore? Learn to retouch your photographic images, select colors, resize, work with layers, and add special effects. Create collages or original artwork to print and/or email to family and friends. This is a six-hour class with a \$35 fee. Computer lab capacity is 24.

Instructor: Joel Marchese
All Day Course #228803

FABRIC BASKETS FOR SPRING

Fabric baskets are easy to make and are a way to use fabric scraps or old clothes. They can be made to decorate for various seasonal holidays or to give as gifts. They can also be a very healing project for anyone who has lost a loved one - by making a "memory basket". Please bring scissors and a sack lunch. All materials provided for a \$14 fee to be paid in cash to instructor. For more info see www.nadinespier.com.

Instructor: Nadine Spier
All Day Course: #229440

POWERPOINT

PowerPoint is powerful presentation software that enables the user to create professional presentations and handouts. We will explore design considerations, backgrounds, templates, adding pictures, clipart, and sound. We will learn how to create handouts and transparencies, and examine how to run the slideshow for presentations. If you are familiar with word processing software such as Microsoft Word, you will find this program relatively easy to learn.

Instructor: LaVonne Schuler
All Day Course #228677

QUICK QUILT

Looking for the perfect quick quilt for yourself or a gift? This class is the answer! This quilt is fun and fast, a wonderful pattern for beginners. This is a six-hour class with a \$35 fee. Enrolled students may pick up a supply list from Foothills or Santana Adult with proof of registration after 9/3/07.

Instructor: Anna Lancia
All Day Course #229793

WORD

Microsoft Word is the most widely used word processing program. This class will cover document setup, margins, tabs, editing and formatting text, graphics, tables, and the basics of naming, saving and printing files.

Instructor: Vicki Gagliardi
All Day Course #228518

PREREGISTRATION REQUIRED

Use Form on Class Schedule web page