

9:00 - 9:50 HF14F

Cardio Drumming**Teresa Shaffer, M.Ed.****Location: FLI Gym**

Cardio drumming is a full body workout set to the great music of the 60's, 70's, and 80's. If you have never tried this form of exercise, you are in for a real treat. Using drumsticks, a 65-85cm stability ball and 16-24 gallon bucket (with rope handles), we work at our own pace using our arms, legs and core! All fitness levels are encouraged, even if you need to sit. Please purchase your buckets and ball at either Meijer, WalMart, or Lowe's. Drumsticks will be available from the instructor.

Max: 60 Min: 10 10 weeks

10:00 - 10:50 PD23F

Have a Cup of Tea with Me: A Technique for Transforming Conflict to Connection**Lynn McDonald, MSN, MSEd****Location: FLI Rm 5**

This class will teach you and your partner (spouse, friend, adult child or other family member) a structured technique for conflict resolution that will create space for deeper understanding, empathy, and intimacy. It's designed for use in pairs, but learning the technique alone can also help with communication in your relationships. We will use Feelings and Needs cards, shared affirmations, "I statements," and jointly-created prayers during classroom exercises that you can then take home and use in your real life. *Copy fee: \$5.00, due to the instructor at the first class.*

Max: Min: 4 10 weeks

10:00 - 11:50 SP21F

My Polonaise Class**Maxine Martinez****Location: FLI Rm 2/3**

We are a class willing to learn, listen, from our various speakers, who come from various walks of life to share their knowledge with us. Each week we host a different local speaker to learn more about life in Michiana while we enjoy the fellowship of friends, new and old. These ten classes can pique your interest and make this Your Polonaise Class.

- March 6 - Maureen McFadden - Retired WNDU Anchor
- March 13 - Lisa Wolff - MSPT Therapist at SBO - To fall or not to fall.

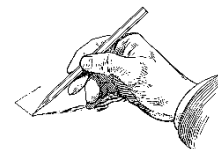
- March 20 - Pete DeKeever - Freddie Fitzsimmons, Mishawaka home grown baseball player.
- March 27- Aaron Perri - City of South Bend Venues Parks and Arts
- April 3 - CJ Beutien - Where did our jobs go?
- April 6 through April 10 Spring Break with Good Friday
- April 17 - Capt. Gerard Ellis, South Bend Fire Dept.
- April 24 - Ed Chamberlain, History of the Lincoln Highway.
- May 1- James Lewis, AXA Advisors, Answer Financial Questions
- May 8 - Attorney Gerald L. Shidaker: Guardianships, Power of Attorney and Wills.
- May 15 - Polonaise Picnic
- May 20 - My Polonaise Chicago Bus Trip.

Max: 50 Min: 5 10 weeks

10:00 - 11:20 AC41F

Broad-Stroke Pencil Drawing**Bill Chu****Location: FLI Rm 6**

Let us turn your lead pencil into a "paint brush." We will cover basic techniques of pencil-tip preparation, pencil strokes, drawing trees, plants, mountains, and scenery. You will need an HB (#2) lead pencil, white pencil drawing paper (e.g. Strathmore 300 or 400 series or equivalent), a craft knife, a soft eraser, cotton Q-tips, small scissors.

**Late start/First class April 3****Max: 12 Min: 5 6 weeks**

12:30 - 2:50 AC52F

Watercolor Workshop**Gloria Mann****Location: FLI Rm 2/3**

This class is for those who have a basic grasp of watercolor and feel confident enough to further your skills. This semester we will work on flowers, birds, butterflies, still life, glass and much more. Beginning watercolor is a prerequisite. *Copy fee: \$ 3.00, due to the instructor at the first class.*

Max: 25 Min: 8 10 weeks