

NORTH SIDE CENTER
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Gooding, Idaho 83330
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FALL 2009 ADULT ENRICHMENT COURSES

Register for North Side Adult Enrichment courses at the North Side Center, at the Matrix on the first floor of the Taylor Administration Building, or by calling the North Side Center to obtain a mail-in registration form. All courses have limited enrollment, and preregistration is required.

Watercolor with Roy Mason

You'll learn how watercolor works; how to mix watercolors; and how shapes, spaces, line movement and color composition work together to make a pleasant, well-balanced painting. This course is for both beginning and intermediate students.

XART 007—N01 \$75 plus supplies
Wednesday Sept. 30 to Nov. 11
6-9 p.m. 0 credit
Wendell High School Mason

Barn Wood Holiday Scenes and Signs

At the first class session you will learn the process of painting on barn wood, and view samples to decide which projects you'll make during the remaining class sessions. A \$20 supply fee is due to the instructor. *Registration deadline is Oct. 5.*

XART 099—N01 \$80 plus supplies
Thursday Oct. 8 to 29
7-9 p.m. 0 credit
North Side Center Pierson

Beginning Quilting—Getting Started

Bring your sewing machine to the first class session where you'll learn about quilting tools, fabric selection, and preparing your machine. In the remaining three sessions, you will cut your fabric, make simple log cabin blocks, and assemble your blocks.

XHEC 005—N02 \$45 plus supplies
Thursday Sept. 10 to Oct. 1
6:30-9 p.m. 0 credit
Girls Gathering Place, 115 W 1st, Shoshone McClure

Beginning Quilting—Finishing Your Quilt

You'll learn how to make a "quilt sandwich" of backing, batting and top; quilt it by hand or on your machine, and bind the edges.

XHEC 005—N03 \$45 plus supplies
Thursday Oct. 22 to Nov. 12
6:30-9 p.m. 0 credit
Girls Gathering Place, 115 W 1st, Shoshone McClure

Star Quilt

Create your own 80" x 80" Star quilt. It features no diamonds and no 'Y' seams in the piecing, yet the result is one big, beautiful star!

XHEC 005—N01 \$35 plus supplies
Tuesday Sept. 15 to Oct. 20
7-9 p.m. 0 credit
North Side Center Eisinger

Knit one, Felt too!

Learn the basic stitches to knit an over-sized bag using wool yarn, and then the felting process to transform it into a smaller bag with a smooth, firm appearance. Supplies must be purchased from the instructor. for \$10-\$15. *Registration deadline is Oct. 16.*

XHEC 017—N02 \$25 plus supplies
Monday, Wednesday Oct. 19 to Nov. 2

7-9 p.m. 0 credit
North Side Center Hamilton

Cha-Cha

You'll learn the steps of this basic Latin dance and before long, you'll be moving to the music. There will be plenty of time to review and ask questions. Please wear smooth-soled shoes (no athletic shoes) and sign up with a partner.

XDAN 001—N01 \$25 per person
Friday Sept. 11 to 25
6-8 p.m. 0 credit
Gooding Elementary Cafeteria, Gooding Lofgran

Country Swing

You'll learn the basic steps of popular country swing dancing. Men will be taught to lead and women to follow with plenty of time to review and ask questions. Please wear smooth-soled shoes (no athletic shoes) and sign up with a partner.

XDAN 004—N01 \$25 per person
Friday Nov. 6 to 20
6-8 p.m. 0 credit
Gooding Elementary Cafeteria, Gooding Lofgran

Making Your Dollar Stretch

Spend your money with purpose. Learn to avoid marketing traps, manage and eliminate your debt, and craft a budget that is easy to design and follow. A \$5 materials fee will be will be paid to the instructor.

XFIN 022—N02 \$25 plus supplies
Saturday Oct. 10
9 a.m.-noon 0 credit
North Side Center Brackett

Managing the Risks of Saving and Investing

Get help designing a savings and investment plan that minimizes your risks; reduces the impact of inflation, fees, and taxes; and includes specific strategies for college and retirement savings. A \$5 materials fee will be will be paid to the instructor.

XFIN 022—N01 \$25 plus supplies
Saturday Oct. 10
1-4 p.m. 0 credit
North Side Center Brackett

Water Aerobics

Improve your health and well-being by doing aerobic exercises and yoga poses and stretches in the pool, which provides the added advantage of water resistance to help you tone your body. Call the North Side Center at 934-8678 for all the details!

XPED 009—N01 \$75
Tuesday, Thursday Oct. 6 to Nov. 12
7-8 p.m. 0 credit
North Side Center Sabala

Shape Up!

Get motivated as you are introduced to three fitness building strategies: strength training, cardio and body sculpting. This class is for people of all fitness levels.

XPED 004—N01 \$24
Tuesday, Thursday Nov. 3 to Dec. 15
4:30-5:30 p.m. 0 credit
Gooding Elementary School Brinkley

Yoga Retreat Day

Practice active yoga poses in the morning and settle into restorative yoga in the afternoon. This is a one-day retreat but you can also enroll in only the morning or afternoon sessions if you choose. Please bring a lunch, yoga props if you have them and dress for comfort. Students of all levels are welcome.

XPED 005—N03 \$50
Saturday Sept. 26
9:30 a.m.-3 p.m. 0 credit
North Side Center Roper
XPED 005—N02 \$30
Saturday Sept. 26
9:30 a.m.-noon (Active Poses only) 0 credit
North Side Center Roper

XPED 005—N01	\$30
Saturday	Sept. 26
12:30-3 p.m. (Restorative Poses only)	0 credit
North Side Center	Roper

Healthy Aspects of Aging

Become your own health advocate as you learn the characteristics of normal, healthy aging, including routine health screenings and when you should start them, and the common diseases associated with aging and what they look like.

XMSC 182—N01	\$30
Tuesday, Thursday	Sept. 15 & 17
6:30-8:30 p.m.	0 credit
Hagerman HS Library	Golding

Mastering the Digital Camera and Photography for Beginners

Create beautiful digital photographs even if you're a beginner. You'll get to know your camera and how to use its features and learn correct composition, light and exposure, and shooting techniques.

XART 001—N01	\$69
Monday	Sept. 21 to Nov. 2
7-9 p.m.	0 credit
North Side Center	Mathis

Digital Scrapbooks

Get all those photos off your camera and get them organized by learning how to assemble a keepsake book **on your computer** using templates and image editing tools. Please bring a CD of your own photos.

XMSC 166—N01	\$18
Wednesday	Sept. 16
7-8:30 pm	0 credit
North Side Center	Muck
XMSC 166—N02	\$18
Tuesday	Oct. 27
7-8:30 pm	0 credit
North Side Center	Muck

Introduction to GPS

Global Positioning Systems receivers will be introduced, including terminology, use and applications. Special emphasis will be placed on the recreational uses of GPS, including geocaching. Bring your GPS receiver to class if you have one.

XMSC 039—N01	\$30
Thursday	Sept. 17 & 24
6-8 p.m.	0 credit
North Side Center	Yerion

Beginning Bird-watching

Introduce yourself to bird books and bird identification; Internet sites; field etiquette; and equipment and safety; both in the classroom session and on the field trip to the Hagerman Wildlife Management Area.

XSCI 002—N01	\$30
Thursday 7-9 p.m.	Oct. 22 & 24
Sat. 8 a.m. to noon	0 credit
North Side Center	Golding

Golf Swing and Chipping Clinic

Improve your short game by working on lob shots, sand play, the chip and run, and hitting out of long grass. Then improve your consistency from one shot to another by learning the proper techniques of a full golf swing using both irons and woods. Bring your own clubs.

XPED 002—N01	\$42
Tuesday	Sept. 29
9 a.m.-1 p.m.	0 credit
Gooding Golf Course, Gooding	Vitek

Fly Casting Basics

Receive hands-on instruction in the various types of casts, with lots of time to practice the casts you'll learn. Find out how to apply the casts to local fishing waters. Bring your fly rod if you own one; the instructor will have a limited number of rods available for use during class.

XHOB 023—N01	\$40
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Wednesday	Aug. 26
6-8:30 p.m.	0 credit
North Side Center	Chorney

Annie Get Your Gun

Get the basic information you need to select the correct type and size of handgun to meet your needs whether it is for home defense or a concealed carry weapon. You must be age 21 or older. DO NOT bring weapons to class.

XHOB 009—N04	\$20
Wednesday	Sept. 9
7-9 p.m.	0 credit
Gdg. County Extension Office	Brockman
XHOB 009—N02	\$20
Thursday	Nov. 12
7-9 p.m.	0 credit
Gdg. County Extension Office	Brockman

Handgun Safety

Classroom sessions cover current Idaho and other states’ laws and safety issues. Range practice on Saturday will focus on trigger control, target alignment and holster requirements. Upon course completion, you will receive the paperwork necessary to apply for a concealed weapons permit. You must be age 21 or older.

XHOB 009—N03	\$60
Tues., Thurs. 7-9 p.m.	Sept. 15, 17 & 19
Sat. 8 a.m.-noon	0 credit
North Side Center	Kiger

Antiques and Collectibles

Get a first hand look at how an Antique Mall operates, from acquiring antiques to pricing, selling, and using e-Bay. Reproductions and ways to become a smart collector and buyer will also be covered. Bring your questions and your own antiques for free appraisals.

XHOB 015—N01	\$24
Saturday	Oct. 10
11 a.m.-1:30 p.m.	0 credit
Whistle Stop, 102 S. Rail St. E., Shoshone	Reese

Choosing the Right Organizing System

Bring order to your world by exploring the different organizing systems that can be customized to fit your needs. A \$5 materials fee will be paid to the instructors.

XHEC 101—N01	\$60 plus supplies
Thursday	Sept. 10 to 24
7-8:30 p.m.	0 credit
North Side Center	Egbert & Stephenson

One-Room Make Over

Learn how to plan a make-over of any room of your home, including choosing flooring, paint, textiles, countertops, wall coverings and window treatments, and adapting and using items you already own.

XHEC 004—N01	\$60
Tuesday	Sept. 22 to Oct. 13
7-9 p.m.	0 credit
North Side Center	Keegan

Visualize Your Dreams

Do you know what you want in life but aren’t sure how to get there? You’ll draw from the principles of The Secret and the Law of Attraction as you use creative visualization and affirmations to produce your vision board, which will allow you to actualize the life of your dreams. Bring old magazines to class.

XMSC 085—N02	\$30
Saturday	Oct. 31
9 a.m.-noon	0 credit
North Side Center	Robb

Embracing Change

The only constant in life is change. Learn the basics of acceptance and personal insight that will assist you in creating peace of mind and spirit. Use the wisdom you gain as a springboard to an exciting and fulfilling life.

XMSC 085—N01	\$30
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Saturday	Nov. 7
9 a.m.-noon	0 credit
North Side Center	Robb

Car Care Basics

What maintenance can you do yourself and what should be done by a trained technician? Learn about often-overlooked areas of service on your vehicle, what to look for in a repair shop, how to get your vehicle ready for winter, and more.

XMSC 171—N01	\$20
Wednesday	Oct. 14
7-9 pm	0 credit
North Side Center	Philips

Survival Sign Language

Ever find yourself wishing you knew a just a little sign language? Guess what—you already do! Find out what signs you already know and then learn some new ones, too, to build a basic sign vocabulary.

XLNG 002—N01	\$30
Monday	Oct. 19 to Nov. 9
6:30-8 p.m.	0 credit
North Side Center	Wilding

Spanish for Agriculture

Learn to communicate with your Spanish speaking employees and co-workers. This class will cover useful Spanish vocabulary words and common phrases related to agriculture as you practice your informal conversational skills. A handbook of study materials is included.

XLNG 007—N01	\$30
Tuesday	Sept. 22 & 29
7-9 p.m.	0 credit
North Side Center	Lopez