

Activities for Adults



Visual Arts & Crafts

To view all adult visual art class materials lists, visit www.tempe.gov/arts and look under the art classes heading or stop by the Vihel Center Main Office. Bring materials to first class unless otherwise noted in class description.

Holiday Beading Party-480-350-5201-Invite your friends to enjoy an afternoon of creativity and socializing while making great handmade gifts! Spend the afternoon making earrings (\$5), bracelets (\$10) and necklaces (\$15). Enjoy refreshments and music while creating your jewelry. Instruction is available, all tools, accessories and beads are provided. No experience necessary. Come and go as you please. Fee: \$10. (does not include price of jewelry.)
13641 18yrs+ Sa 12/6 12-4pm KRC

Japanese Calligraphy in Zen Spirit-480-350-5287-This 6-week class is an introduction to the beautiful and spiritual art form of Zen-like calligraphy. You will gain insight to your inner being, and grow spiritually, which is where this ancient art form comes from. View participant testimonials in the online registration program. Class includes all supplies. Fee: \$120.
13757 16yrs+ T 9/9-10/14 7-9pm VIH EL

Knitting: Beginner-480-350-5201-Learn a new and relaxing skill that will enable you to make personalized gifts for family and friends. You'll learn basic knitting techniques – cast on, knit, pearl and cast off to get you started. Required supply fee: (includes instructional handouts, 2 sets of knitting needles and yarn) \$27. Bring a pair of scissors to class. Fee: \$59.
13309 14yrs+ Su 9/21-9/28 1-4pm KRC
13310 14yrs+ Su 11/2-11/9 1-4pm KRC

Ⓞ **NEW! Learn to Wood Carve**-Learn basic wood carving skills using a carving knife. You will learn the cuts and techniques needed to go on to more advanced carving projects. Learned the basic skills? Then you can move on to more advanced projects. Kevlar gloves (can be provided by instructor) and carving knife (can be purchased from instructor for \$10) needed. *No class 10/23.
13435 Adult Th 9/18-11/13* 6:30-8pm \$90 PAC

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Ⓞ **NEW! Mixed Media-480-350-5287**-Class incorporates a variety of techniques using various media. Go beyond watercolor and acrylics; explore collaging, stamping and much more. Fee: \$50.
13665 Adult Th 9/11-10/30 6:30-9:30pm VIH EL

Ⓞ **NEW! Mosaics and More-480-350-5287**-A multimedia mosaics class incorporating the use of glass, ceramic tile, beads and a variety of recycled finishing materials. Create mosaic picture frames, candle holders and landscapes. You will learn about placement, grouting and the visual techniques involved in this medium. Fee: \$50.
13666 Adult W 9/10-10/29 6:30-9:30pm VIH EL

Oil & Acrylic Painting-480-350-5287-Basic course emphasizing composition, color theory, technique and subject matter. Estimated cost of materials is \$75. Fee: \$50.
13664 Adult M 9/8-10/27 6:30-9:30pm VIH EL

Sewing: Beginner-480-350-5201-Do you have a sewing machine that you would like to put to use? This class will provide an introduction to basic machine sewing while creating a personalized pillow cover and decorator envelope pillow. Bring sewing machine and manual to class. View supply list at: www.tempe.gov/kiwanis. Required supply fee: \$20. Fee: \$51.
13311 14yrs Su 10/12-10/19 1-4pm KRC

Ⓞ **NEW! Sewing: Easy Curtains-480-350-5201**-Don't be intimidated by wanting to decorate a window. Learn simple techniques for making curtains and valances to decorate your home. Instructor will also review different finishing techniques that can be used to make a variety of curtain styles. Pre requisite: Sewing: Beginner. View supply list at: www.tempe.gov/kiwanis. Required supply fee: \$20. Fee: \$56.
13312 14yrs+ Su 12/7 12-4pm KRC

Jewelry & Metalsmithing

To view a list of materials and jewelry supply retailers, visit www.tempe.gov/arts and look under the art classes heading or stop by the Vihel Center Main Office. Safety glasses are required for students in all Jewelry classes and must be brought to the first class. For additional information, call 480-350-5287.

Jewelry I-A course for beginners. Learn how to use a jeweler's saw and file and finish metal with silver solder. Work with silver, copper and brass in sheet projects, banding and bezel set stone pendant. Supply costs vary; an approximate cost is \$75. Fee: \$80.
13667 Adult M 9/8-10/27 6-8:45pm PAC

Enameling for Jewelry-An introductory class. Learn ancient and contemporary techniques of fusing glass to metal. Emphasis will be placed on mastering the basics: sifting, firing, mark-making and knowledge of color interactions. Supply costs vary; an approximate cost is \$50. Fee: \$80.
10254 Adult T 9/9-10/28 6-8:45pm PAC

“ **The Zen Calligraphy class was very enlightening. Each lesson was meant to help students look inside the mind to help the body form the perfect symbols. I enjoyed the class and would recommend it to others.** ”
– Anonymous

Jewelry II-Jewelry I or equivalent experience necessary. Take your jewelry making skills to the next level with this advanced jewelry making class. In this class you will learn techniques such as: working with metal, forming, surface techniques, hollow forms, hinges, making findings and other techniques as time allows. Fee: \$80.
13758 Adult W 9/10-10/29 6-8:45pm PAC

Jewelry Open Studio-PREVIOUS EXPERIENCE REQUIRED. For safety, only experienced participants are eligible. Must be currently enrolled in a city of Tempe jewelry class, or have completed a Tempe jewelry class within the last year. Fee: \$80.
13668 Adult Th 9/11-10/30 6-8:45pm PAC

Silversmithing-Learn the basics of silversmithing and how to create your own jewelry pieces. You will complete a different jewelry piece each week. Supply costs vary; the approximate cost is \$75. Fee: \$100.
13670 Adult W 9/10-11/12 9am-1pm PAC

Ceramics

All Ceramics students must bring Cone 10 clay and required supplies to the first class. To view a list of required materials and ceramics supply locations, visit www.tempe.gov/arts and look under the art classes heading or stop by the Vihel Center Main Office. For additional information, call 480-350-5287.

Classes-Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.
- For information call 480-350-5287.
- Free open studio time is included in all adult ceramics classes.

Pottery Club-Enjoy a leisurely morning of handbuilding and throwing on the wheel. All skill levels are welcome to attend this self-paced class. Fee: \$100.
13671 Adult W 9/10-10/29 9am-12pm VIH EL

Ceramics Survey-Beginning pottery class designed to build a strong foundation and introduction to hand-building techniques and throwing, surface design and glazing. Fee: \$100.
13672 Adult T 9/9-10/28 6:30-9:30pm VIH EL

Ceramics II-Pre-requisite: Ceramics Survey. A combination of throwing and hand-building for continuing students. Explore surface decoration and slip techniques. Students select projects with instructor's approval. Fee: \$100.
13673 Adult Th 9/11-10/30 6:30-9:30pm VIH EL

Throwing Beginning/Intermediate-Pre-requisite: Ceramics Survey. This class is designed to introduce skills for the potter's wheel through a series of structured drills and projects. Activities also include glazing. Fee: \$100.
13674 Adult M 9/8-10/27 6:30-9:30pm VIH EL

Throwing Intermediate/Advanced-Pre-requisite: Throwing Beg/Int. Class focus is the creation of a variety of styles and shapes as well as an exploration of glazing techniques. Self-directed projects with instructor's approval. Fee: \$100.
13675 Adult W 9/10-10/29 6:30-9:30pm VIH EL

Ceramics Open Studio-Open studio time is available free of charge to all students currently enrolled and regularly attending any adult ceramics class. Open studio times are Wednesday, 12:15-3:15pm, and Saturday, 1:30-4:30pm, during weeks of class session.

Activities for Adults

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.



Dance & Music

Most adult dance classes end with a recital or dance party at the end of the session; notice will be given to participants. For additional information, call 480-350-5287 unless otherwise indicated.

Argentine Tango and New York Hustle for Singles- Learn two of today's hottest dances. Enjoy the creativity, playfulness and freedom of the Hustle danced to upbeat music and experience the beautiful, passionate, authentic, Argentine tango. Turn heads and become a popular dance partner. Fee: \$33.
13676 Adult W 9/10-10/29 8-8:55pm NSA

Ballroom Boot Camp- Elevate your dance to move with elegance, grace and style. Class will focus on several different dance styles. For the experienced dancer. Fee: \$33.
13759 Adult Th 9/11-10/30 5:30-6:20pm VIHEL

Ballroom Dance I- Experience the Foxtrot, Waltz and Rhumba. Burn up the dance floor with the hot Latin beat of Merengue! Fun for all occasions. Register with a partner. Fee: \$33 per person.
13677 Adult M 9/8-10/27 6:30-7:25pm VIHEL

Ballroom Dance II- Must also register for Ballroom Dance I. Continue practicing your skills while refining your technique, footwork, posture, attitude and style. Register with a partner. Fee: \$8 per person.
13681 Adult M 9/8-10/27 7:30-7:55pm VIHEL

Belly Dance Beg- An introduction to belly dance moves, music and costumes. Learn an exotic way to exercise with Samia. Fee: \$33.
13682 12yrs+ W 9/10-10/15 6:30-7:45pm VIHEL

Belly Dance Int/Adv- This intermediate class focuses on more advanced movements and polishing your performance skills. Includes veil, floor work and new zil patterns. Fee: \$33.
13683 12yrs+ W 9/10-10/15 8-9:15pm VIHEL

Beginning Guitar- Get to know, tune and care for your guitar. This class will teach you basic scales, chords and strumming. You will play songs while learning about different types of music. Students must provide own guitars (acoustic or electric without amps). Beginning songbook included in class price. Fee: \$45.
13685 14yrs+ T 9/9-10/28 6-7:25pm NSA
13686 14yrs+ T 9/9-10/28 7:30-8:55pm NSA
13687 14yrs+ Th 9/11-10/30 6-7:25pm NSA

Beginning Guitar II- Pre-requisite: Beginning Guitar. For those who love to play guitar and have knowledge of basic chords. In this class, you will learn more bar chords, performance styles and songs. Students must provide their own guitar. Intermediate songbook included in class price. Fee: \$45.
13688 14yrs+ Th 9/11-10/30 7:30-8:55pm NSA

Elements Amazing Electronic Piano-480-350-5200- Learn keyboard skills on real songs you know and love! Level 1: learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Level 2: learn to read music on the bass clef in a grand staff format. After completing both levels you will be able to buy a piece of sheet music, read the notes, and play it! Keyboards are provided to each student for classroom use; all music materials are included. For more information call Elements Music at 623-933-0681. Fee: \$117. *No class 10/23.

Level 1
9366 13yrs+ Th 9/18-10/30* 6-7pm PAC

Level 2
9367 13yrs+ Th 9/18-10/30* 7-8pm PAC

Latin Dance I- Learn various Latin dances such as the Cha-Cha, Rhumba/Bolero, Mambo/Salsa, Merengue and Samba. Register with a partner. Fee: \$33 per person.
13691 Adult M 9/8-10/27 8-8:55pm VIHEL

Latin Dance II- Must also register for Latin Dance I. Continue to work on more advanced variations, body rhythm and action, footwork, lead/follow, styling and technique. Register with a partner. Fee: \$8 per person.
13692 Adult M 9/8-10/27 9-9:25pm VIHEL

Latin Dance for Singles- Want to learn the latest Latin moves, but don't have a partner? Come learn Salsa and other Latin dance styles! Fee: \$33.
13693 Adult W 9/10-10/29 7-7:55pm NSA

Line Dance Beginning- A perfect class for the beginner who would like to learn at a slower pace. Focus is on form, technique and terminology. Fee: \$33.
13694 Adult T 9/9-10/28 6-7:30pm VIHEL

Line Dance Intermediate/Advance- Continuing class for those who have previous experience. Learn patterns and rhythm as you face new dance challenges. Fee: \$33.
13695 Adult T 9/9-10/28 7:30-9pm VIHEL

Swing I- Learn to dance the latest moves to a variety of rhythms. Whether you call it Jive, Jitterbug, Lindy, East Coast or West Coast, come have a swinging good time. Register with a partner. Fee: \$33 per person.
13698 Adult Th 9/11-10/30 7:30-8:25pm PAC

Swing II- Must also register for Swing I. An extended session for experienced dancers who seek an extra challenge. Learn quicker transitions and variations, better control and balance, timing and rhythm changes. Learn connection and centering. Register with a partner. Fee: \$8 per person.
13699 Adult Th 9/11-10/30 8:30-8:50pm PAC

Tribal Fusion Dance- Explore the world's oldest known dance. Morgiana presents a different style including old style ethnic belly dance, Rom (gypsy) and modern cabaret belly dance at each class. Ballet arms and yoga exercises enhance the dance class and add to the fusion potential. Fee: \$33.
13700 12yrs+ Th 9/11-10/30 7-8:25pm VIHEL

Wedding and Anniversary Survival 101- A two-part crash course for brides and grooms, members of a wedding party, or anyone headed for a special event. The first four weeks will focus on your special songs. The rest of the class will focus on making social dance look good and feel comfortable. Bring a CD of your special song for practice. Register with a partner. Fee: \$33 per person.
13701 Adult W 9/10-10/29 9-9:55pm NSA

General Interest

American Sign Language-480-350-5200- An introductory sign language class, learn basic vocabulary, syntax, finger spelling, and grammatical non-manual signals. Cultural knowledge of the Deaf Community will be covered as well. *No class 10/25. Fee: \$43.
9237 16yrs+ Sa 9/20-11/15* 9-10:30am PAC

Ⓞ **NEW! Baby Massage I Workshop-480-350-5201-** Learn massage techniques which can help babies to relax, sleep better, relieve stress, reduce colic and promote bonding. Massage will be practiced for babies age newborn to 12 months (please do not bring other children). Bring a blanket to class and expectant parents should also bring a doll. Bring edible oil for class (Grape seed, Extra Virgin Olive Oil, etc). A massage handbook is available for a small fee to the instructor. Register under parent's name. Fee (per family): \$34.
13029 18yrs+ Sa 9/13 4-5pm KRC
13128 18yrs+ Sa 10/4 9-10am KRC

Ⓞ **NEW! Baby Massage II Workshop-480-350-5201-** Continue your education in baby massage techniques with this second workshop. Bring a blanket to class and expectant parents should also bring a doll. Bring edible oil for class. Register under parent's name. Prerequisite: Baby Massage I. Fee: (per family) \$34.
13131 18yrs+ Sa 9/27 4-5pm KRC
13132 18yrs+ Sa 10/25 9-10am KRC

Chinese (Mandarin) Language-480-350-5200- This class is for Chinese beginners, no prior knowledge is required. Class will begin with the introduction of Chinese culture, history and geography, as well as Chinese phonics. The class aims to teach basic Mandarin pronunciations, Chinese characters, words, phrases and conversations in daily life situations, so as to enhance capability of spoken Chinese in travels. *No class 10/23. Fee: \$43.
10712 18yrs+ Th 9/18-11/13* 6:30-7:45pm PAC



Dog Training-480-250-5200- Socialized obedience for pet owners who don't want to be dog trainers, but want control of their dog. Training leash (6') and nylon slip collar required; no prong collars permitted. Slip collar available for purchase from instructor \$3-\$5. Dogs must be at least 5 months old and have had all shots and license. Proof required of both vaccinations and licensing at first class. Must attend all classes to be eligible for test and certificate. Fee: \$39.
13011 18yrs+ M 9/22-11/10 6-7pm HOL
13010 18yrs+ W 9/24-11/12 6:30-7:30pm HOL

Dog Grooming-480-350-5200- For dog owners who want to keep their dogs looking great in between professional grooming. Class will cover proper bathing, brushing, hair trimming and the best grooming tools to buy. Dogs stay at home! Fee: \$18.
13013 15yrs+ W 11/12 6:30-8:00pm UNIV

Activities for Adults

Tempe Historical Museum Activities-480-350-5100

3rd Thirstday Night Café

Connections Café at the Tempe Public Library 480-350-5100

The museum presents a series of monthly programs that run from September through November and January through April. Free.

Th, Sept 18, 7pm

"The Mexicanas of the Tempe Normal School: A Look at the Cultural and Educational Foundation of Tempe, 1885 to 1936"

Dr. Christine Marin will discuss the children, born of unions between Tempe's Anglo-American men and Mexicanas, who were among the earliest Mexican American alumni of the Tempe Normal School. These provide examples of the educational history of Tempe.

Th, Oct 16, 7pm

"Sustainable Strategies: What Can We Learn from the Tempe Transportation Center?"

Bonnie J. Richardson, Architect/Principal Planner for the City of Tempe Transportation Division is the Project Manager for the Tempe Transportation Center that opens this fall. She will discuss the design and construction of the Transportation Center, a building that will demonstrate the value of sustainable civic buildings.

Th, Nov 20, 7pm

This program is still "brewing." Call 480-350-5100 for details.

Tempe Historical Society's Lunch Talks Tempe Public Library Program Room-480-350-5100

Bring your lunch and hear Chautauquans, also known as living history speakers, assume the roles of significant figures from the past. Sponsored by the Arizona Humanities Council. Coffee is provided. Free.

Wed, Oct 8, 11:30am

See Don Garate as Juan Bautista de Anza, an extraordinary frontiersman who joined the frontier military at fifteen and eventually became the captain of Tubac presidio.

Wed, Nov 12, 11:30am

Experience Elena Diaz Bjorkquist as Teresa Urrea, a spiritual healer and reluctant political figure who came to the U.S. after being exiled from Mexico for allegedly instigating rebellion.

Exhibits at the Tempe Historical Museum-480-350-5100

"A Proud Journey Home: Cambodian, Laotian and Vietnamese Communities in Arizona"-This exhibit explores Cambodian, Laotian and Vietnamese refugee experiences in Tempe 30 years after the Vietnam War. Funded in part through an Arizona Humanities Council "We the People" grant, the exhibit has received several local and national awards. It will be open until the museum closes for renovation.

"Tempe Police: Their Own Story"-The Tempe Police Department has changed as Tempe has grown. See the technology changes and learn about the new roles of officers. Stand under the 32-foot wingspan of the Tempe Police Department's ultralight that was used in the 1980s. Bring your camera for a photo of you sitting on a real Tempe Police motorcycle. This exhibit will be open until the museum closes for renovation.

Tempe Historical Museum Exhibit at City Hall Gallery-480-350-5100-"Jewel in the Desert: Getting Acquainted with Our Muslim Neighbors"-Tempe has a significant Muslim population whose diversity, contributions, and presence enrich the community. To promote cultural appreciation and interfaith respect of Muslim citizens, the museum, in collaboration with Arizona State University, the City of Tempe Diversity Office and the Tempe Muslim community, will present "Jewel in the Desert." This exhibit is a part of a project that is collecting life stories, oral histories and artifacts that reflect the history and experiences of Arizona Muslims. It opens October 3.

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Dog: Save-A-Pet-Taught by local veterinarians, class covers areas such as first aid for pet injuries or poisoning and CPR. A "must" for all pet owners. Tips on pet care and health are also included, as well as "hands-on" CPR with the resuscidog. Informative booklet included. Fee: \$11.
13012 15yrs+ T 10/28 6:30-8:30pm UNIV

NEW! Healthy Sack Lunches and Snacks-480-350-5201-Want to provide your child the best choices for healthy lunches and snacks? Bring them along to this class taught by a Registered Dietician where you will make and enjoy a healthy snack and get an education on a 10 day cycle menu along with recipes and great snack ideas. Required supply fee: \$15. Fee: \$18.
13202 18yrs+ T 9/9 5-6pm KRC

Kids Ride Safe-480-350-5800-Motor vehicle accidents are the most common cause of injuries, and using safety seats is one of the easiest ways to keep children out of harm's way. Phoenix Children's Hospital with the support of the Car Seat Safety Council have partnered with the Tempe Public Library to bring this educational program to you. This program teaches parents which type of car seat is safest for the age of their child, the importance of using safety seats and how to install them correctly. Classes at 2:30pm will be in English. Classes at 4pm will be in Spanish. Fee: None.

13291 18yrs+ M 10/13-10/20 2:30-3:30pm YLMR
13292 18yrs+ M 10/13-10/20 4-5pm YLMR

Nutrition for Kids-480-350-5800- Listen to facts, suggestions and tips on proper nutrition for children that can reinforce lifelong eating habits. This can contribute to your child's overall well being and help them grow up to their full potential and health life. Fee: None.

13295 18yrs+ M 12/1-12/8 4-5pm YLMR
13296 18yrs+ T 10/7-10/14 4-5pm ESCA

Art Connections Cafe

Information: www.tempe.gov/arts/Events/cafe.htm

Noon-1pm

9/25, 10/23

Connections Café, Public Library

3500 S. Rural Road

Join artists exhibiting in the Connections Café for discussions about their work and more. Moderated by Rebecca Akins. Free.

TOPICS

9/25 - *Flower & Fauna*

Artists: Mary Shindell, Sandra Luehrsen and Craig

Cheply

10/23 - *I Wanna Be a Cowboy*

Artists: TBA

Tempe Symphony Orchestra Auditions

7:30pm

9/6

Tempe Center for the Arts

700 W. Rio Salado Parkway

Auditions are welcomed for all instrumental positions. Usually there are more string openings than in the other sections. If no position is available at the time of the audition, applicants' names will be placed on a waiting list for future reference.

Information: carl.white@azmoves.com

tempe

connections

Coffee Break! Now open on the main floor of the Tempe Public Library-the Connections Café, serving delicious coffee drinks, beverages, pastries and snacks to the general public during regular library hours. The Café is part of the ground-breaking Tempe Connections program that will serve as a gathering place for Baby Boomers (and beyond) who are reinventing themselves and re-engaging with the community. Tempe Connections is made possible through a grant from The Virginia G. Piper Charitable Trust and is operated by The Friends of The Tempe Public Library. For more information, call Rebecca Bond, Connections Director, at 480-350-5490 or visit www.tempeconnections.org.

WHAT'S NEXT?

Baby Boomers are changing the face of retirement. A life of leisure won't be enough. They want to make a difference. It's a time to begin a new chapter in life by being active, involved and setting new goals.

Tempe Connections offers a menu of programs to help you discover your possibilities:

Individual-The "New" Retirement-Spend 3 sessions with a discovery guide who will help you decide where you want to channel your energy for a fulfilling retirement, including re-careering, by focusing on your skills, enthusiasms and values. Fee: \$50. Call Rebecca Bond at 480-350-5490 for more information and to schedule an appointment.

Transition Talks-A Panel Discussion-If you are contemplating retirement or have recently retired, hear from others who have made the transition—the pros, the cons, and the unexpected. Learn about opportunities and resources. Call Rebecca Bond at 480-350-5490 to register.

Mon. 9/22 7pm and Mon. 11/17 7pm

LIFE LONG LEARNING-THE ACADEMIC CONNECTION

Tempe Connections has joined with the ASU Osher Lifelong Learning Institute and the Emeritus College Academy for Continued Learning to provide non-credit college level courses for ages 50+. Registration fee: \$35 plus \$10 per course. Fall courses include:

Your Brain

Politics in Art

Exploring Positive Relationships

Shakespeare's King Lear

Quantum Physics

And more!

See www.tempeconnections.org for schedules and registration information. In person registration will be held Mon 8/25 and Wed 8/27 from 10am to 2pm at the Connections Café.

COMMUNITY INVOLVEMENT-THE VETERANS HISTORY PROJECT

Help preserve history. Volunteer to conduct interviews and collect the personal recollections of U.S. wartime veterans to honor their service and share their stories with current and future generations. Interviews are recorded and archived at the Library of Congress. Tempe Connections is an official partner of the Veterans History Project. Orientation, training and support services provided. For more information call Rebecca Bond at 480-350-5490.

ALL VETERANS-Please join us for our Tempe Connections' Veterans History Project Conversation and Coffee Hour (good conversation-free coffee) At: Tempe Connections Café Second Thursday of each month 9:30-10:30am

On-line Registration is now available at
www.tempe.gov/brochure

Activities for Adults

Enter to win a prize by telling us what you think!

Turn to page 24.



American Heart Association®



Fighting Heart Disease and Stroke

➤ **NEW! CPR AED plus First Aid-480-350-5201**-This American Heart Association course teaches students the basic techniques of adult, child and infant CPR. Students learn about Automated External Defibrillators (AED), signs of a heart attack, stroke, and foreign-body airway obstruction. First Aid follows OSHA's recommendations for proper techniques of emergency response. Participation cards issued at the successful completion of the course. Please purchase the Heartsaver First Aid with CPR & AED Student Workbook (\$14) before class at Kiwanis. Students are encouraged to bring a snack. Fee: \$65.

13117 16yrs+ Sa 12/6 8:30am-1:30pm KRC

CPR Heartsaver plus AED-480-350-5201-This American Heart Association course instructs students in the basic techniques of adult, child and infant CPR (cardiopulmonary resuscitation). Students are also taught use of Automated External Defibrillators (AED) and barrier devices, how to recognize signs of heart attack, stroke, cardiac arrest and foreign-body airway obstruction. Participation cards issued at the successful completion of the course. Please arrive 15 minutes early to purchase the Heartsaver CPR/AED book (\$13) at the Kiwanis Pro Shop. Fee: \$30.

13051 16yrs+ Sa 9/20 8:30am-12:30pm KRC

13052 16yrs+ Sa 10/11 8:30am-12:30pm KRC

13053 16yrs+ Sa 11/8 8:30am-12:30pm KRC

CPR Health Care Provider-480-350-5201-This American Heart Association Healthcare Provider course is designed for healthcare professionals. The course includes instruction on: adult and pediatric CPR, mouth to mask techniques, bag valve mask use, foreign-body airway obstruction, two-rescuer CPR, use of barrier devices, stroke and AED use. Participation cards issued upon successful completion of the course. Please arrive 15 minutes early to purchase The Healthcare Provider book (\$12) at the Kiwanis Pro Shop. Fee: \$35.

13048 16yrs+ Sa 9/27 8:30am-12:30pm KRC

13049 16yrs+ Sa 10/18 8:30am-12:30pm KRC

13050 16yrs+ Sa 11/15 8:30am-12:30pm KRC

First Aid; HeartSaver-480-350-5201-This American Heart Association (AHA) course uses OSHA recommendations to teach lay rescuers to recognize and treat adult emergencies in the critical first minutes until emergency services arrive. Students learn proper techniques for emergency response and basic first aid. Topics include procedures for medical emergencies and traumatic injuries. Please arrive 15 minutes early to purchase the Heartsaver First Aid book (\$9.50) at the Kiwanis Pro Shop. Participation cards issued on successful completion of course. Fee: \$35.

13056 16yrs+ Sa 10/25 8:30am-12:30pm KRC

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

➤ **NEW! Parenting Picky Eaters-480-350-5201**-Help children explore and accept new foods, reduce mealtime frustrations and promote healthy eating habits. Parents will learn general strategies suitable for use with children ages 6 months - 10+ years. Instructor is a licensed speech/language pathologist with experience in feeding. (Adults only may attend class). Fee: \$44.

13078 18yrs+ W 9/3-9/24 6:30-7:30pm KRC

Self Defense for Women-480-350-5200-Class is designed with women in mind and the types of crimes and situations that they may and/or have faced. Learn simple techniques and ideas that really work and don't take years to use effectively. Any woman can defend herself regardless of physical strength or fitness. No special attire is required, just dress as you do every day. *No class 10/8. Fee: \$42.

13811 15yrs+ W 9/17-11/5* 6:30-8pm CRC

Spanish Level 1-480-350-5200-Basic Spanish using common phrases and vocabulary for greetings, numbers, days, months, color, food, and weather. Fee: \$43.

9264 18yrs+ M 9/15-11/3 6-7:15pm PAC

Spanish Level 2-480-350-5200-Continuation of level 1. You will learn more about verbs, idioms and forming questions. Fee: \$43.

9265 18yrs+ M 9/15-11/3 7:30-8:45pm PAC

Weight Management through Hypnosis-480-350-5200-Get slim and healthy! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Wear comfortable clothing and bring a pillow to class. Fee: \$80.

9379 18yrs+ T 9/30-11/5 7-8:30pm PAC

Health, Fitness, Exercise & Sports

Look online for the name of your favorite instructor. <http://pkreconline.tempe.gov>

Adult Fitness-480-350-5800-Meet new people and feel great while working out in our fitness center. Some individual instruction will be given. *No Class 11/11. Fee: None.

13313 18yrs+ M/W 9/8-10/1 11:30am-12:30pm ESCA

13314 18yrs+ M/W 10/13-11/19 11:30am-12:30pm ESCA

13315 18yrs+ M/W 12/1-12/17 11:30am-12:30pm ESCA

13316 18yrs+ T/Th 9/9-10/2 12-1pm ESCA

13317 18yrs+ T/Th 10/14-11/20* 12-1pm ESCA

13318 18yrs+ T/Th 12/2-12/18 12-1pm ESCA

➤ **NEW! Building Better Bones with Pippa Frame-Hill-480-350-5201**-Stop bone loss and restore bone mass! This class will consist of pilates based exercises to strengthen muscles, increase flexibility, and improve balance. Our focus will be on reversal of bone loss, injury prevention, and functional fitness. Drop in for \$9.50 per class. 14 weeks. Fee: \$98.

13155 16yrs+ W 9/10-12/10 9:30-10:30am KRC

Exercise, 20/20/20 Fitness Express-480-350-5200-Target all major components of fitness in this NEW class. Twenty minutes of cardio, twenty minutes of strength training followed by twenty minutes of flexibility/stretching for a complete fun and effective workout. Fee: \$39.

13536 16yrs+ T 9/16-11/4 7:25-8:25pm PAC



Exercise, Holiday 20/20/20 Fitness Extreme-480-350-5200-Join us for 3 weeks of cardio, extreme strength training to BOOST muscle and metabolism for extra calorie burning through the holidays! In addition to extreme core training and stretching. Fee:\$31.

13844 16yrs+ T/Th 12/2-12/18 7:25-8:25pm PAC

Exercise, Body Ball/Sculpt-480-350-5200-Develop muscular tone and strength while improving your flexibility, balance, and endurance using body balls and other kinds of equipment. Fee: \$38.

9238 16yrs+ Th 9/18-11/6 12:15-1pm PAC

Exercise, Body Sculpt-480-350-5200-Through a series of non-aerobic exercises, using your own body weight and other resistance equipment, you will gain specific muscle conditioning, build strength, endurance and flexibility. Class taught by a certified personal trainer. Fee: \$42.

9240 16yrs+ Th 9/11-11/13 6:25-7:10pm PAC

Exercise, Boot Camp-480-350-5200-Get ready for the ultimate total body workout! A class that will improve your strength, agility and cardiovascular fitness. This class uses interval training techniques with different exercise stations that challenge all of the major muscle groups. Fee: \$39.

11444 16yrs+ T 9/16-11/4 6:30-7:25pm ESCA

Exercise, Boot Camp at the Park!-480-350-5200-This Boot Camp may be in the park, but it is no walk in the park. You will be challenged in this outdoor class that will work all muscle groups with exercises that change every week. Class meets at the Sister City Garden area of Kiwanis Park, south of the bridge. Please bring a towel or mat. *No class 10/4, 10/11. Fee: \$50.

11443 16yrs+ Sa 9/13-11/1* 8-9am KIL

Exercise, Holiday Boot Camp-480-350-5200-Stay fit through the holiday season with this tough full-body workout, different exercises each week, cardio and toning. Class meets twice a week at two different locations. Fee: \$34.

13843 16yrs+ T 12/2-12/16 6:30-7:30pm ESCA
Sa 12/6-12/20 8-9am KIL

Watch for the Winter 2009 Brochure coming the week of Dec. 1, 2008.

Activities for Adults

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Exercise, Butts and Guts-480-350-5200-An intense 45 minute workout targeting the problem areas of the abs, glutes, and thighs. Fee: \$35.

9242	16yrs+	T	9/16-11/4	12:15-1pm	PAC
9244	16yrs+	T	9/16-11/4	4:30-5:15pm	PAC
9243	16yrs+	Th	9/18-11/6	4:30-5:15pm	PAC

Exercise, Kickboxing PLUS-480-350-5200-Join us for a kickin' cardio workout using kickboxing/martial arts moves, plus extra time devoted to sculpting exercises & core strengthening followed by stretch and relaxation techniques. Fee: \$39.

9256	16yrs+	M	9/15-11/3	5:45-6:45pm	PAC
------	--------	---	-----------	-------------	-----

☞ **NEW! Exercise, Latin Rhythm Plus-480-350-5200**-Come get fit "South of the Border" style! Have fun using different styles of Latin dance (Salsa, Merengue, Cha-Cha) to get a fabulous aerobic and cardio workout. Toning and strengthening included. Fee: \$47.

13735	16yrs+	T	9/9-10/28	6-6:55pm	NCC
-------	--------	---	-----------	----------	-----

Exercise, Nia-480-350-5200-An energizing movement form and lifestyle practice that teaches the art of body awareness. Based on joyful movement, Nia teaches to use pleasure as the guiding force to find health, fitness and total body conditioning. Nia draws inspiration from many diverse movement forms including the martial arts, dance and healing arts. It is appropriate for all ages and levels of fitness. Fee: \$37. *No class 10/25.

9261	16yrs+	Sa	9/13-11/8*	10:20-11:30am	PAC
------	--------	----	------------	---------------	-----

Exercise, Pilates/Sculpt-480-350-5200-You will develop and improve your core strength (abs, back, butt) with Pilates as well as other resistance exercises. A variety of equipment and exercises makes this a fun class that is never dull. Fee: \$35. *No class 10/25.

13537	16yrs+	Sa	9/13-11/8*	9:15-10am	PAC
-------	--------	----	------------	-----------	-----

☞ **NEW! Exercise, Step, Strength and Stretch-480-350-5200**-Is a blend of cardio, strengthening and stretching exercises that will raise your heart-rate, increase your flexibility, tone your core muscles and improve your mind/body awareness. The class begins with step aerobics, progresses to strength training utilizing weights and resistance tubing, and concludes with Pilates matwork and stretching. This refreshing variation is sure to invigorate you! Steps provided. Fee: Below. *No class 11/11.

9266	16yrs+	T	9/9-11/18*	5:25-6:20pm	\$42 PAC
9267	16yrs+	Th	9/11-11/13	5:25-6:20pm	\$42 PAC
13873	16yrs+	T	12/2-12/16	5:25-6:20pm	\$32 PAC
13874	16yrs+	Th	12/4-12/18	5:25-6:20pm	\$32 PAC

☞ **NEW! Exercise, Turbo Kick-480-350-5200**-Is a workout that combines shadow boxing, kickboxing, sports drills, dancing, yoga, and simple dance moves in party atmosphere. Turbo Kick is an interval based class that allows participants of any fitness level to participate and custom tailor their workout. Fee: \$38.

13554	16yrs+	T	9/16-11/4	6:30-7:15pm	PAC
-------	--------	---	-----------	-------------	-----

Fore! Golf Instruction-480-350-5200-Fundamentals of golf: Grip, stance, chip shots, full swings, rules, etiquette, putting and use of the driving range. Equipment is provided, but bring your own clubs if you have them. Fee: \$46.

13001	18yrs+	T	10/14-11/4	5-6pm	KMGC
13002	18yrs+	W	10/15-11/5	4-5pm	KMGC
13003	18yrs+	Sa	10/18-11/8	10-11am	KMGC

Hike the Valley-480-350-5800-Join us in hiking popular local destinations such as South Mountain, Camelback Mountain and Piastawa Peak. Please be advised of the possibility of the terrain being rugged, slippery, and at a large incline. Transportation will be provided. Please bring drinking water and remember it is recommended to consult a licensed physician prior to beginning an exercise routine. *No Class 10/8. Fee: None.

13371	18yrs+	W	9/10-11/5*	7:30-11am	ESCA
-------	--------	---	------------	-----------	------

Japanese Jujutsu; Adult-480-350-5201-Learn a rare Japanese martial art, which was used by feudal police, of the Samurai Era. This traditional system consists of many self-defense techniques: joint locks, throwing, choking, blocking, striking, pinning, ground fighting, and nerve center manipulation. No prior martial art training is needed.

13064	16yrs+	M/W	9/3-9/29	8-9:30pm	\$50 KRC
13065	16yrs+	M/W	10/1-10/29	8-9:30pm	\$50 KRC
13066	16yrs+	M/W	11/3-11/26	8-9:30pm	\$50 KRC
13159	16yrs+	M/W	12/1-12/10	8-9:30pm	\$25 KRC

Karate; Adult-480-350-5201-Increase flexibility and strength, relieve stress and have fun! Learn the self-defense art of Hawaii Kenpo from Hall of Fame Instructor Patrice Lim. This on-going program has room for belt rank advancement. Required Lim Kenpo white uniform and patches available the first day of class for \$45. Uniform, safety equipment, belt testing fees and additional supplies are required for participation and are not included in the registration fee. New student orientation at 5:30pm on first day of class. No class on 11/11 or 11/27.

13067	15yrs+	T/Th	9/2-9/30	6-7:30pm	\$50 KRC
13068	15yrs+	T/Th	10/2-10/30	6-7:30pm	\$50 KRC
13069	15yrs+	T/Th	11/4-11/25*	6-7:30pm	\$50 KRC
13115	15yrs+	T/Th	12/2-12/11	6-7:30pm	\$25 KRC

☞ **NEW! Laser Tag**-Get in the Game! Grab your friends, family and co-workers for some fun! Stratum Laser tag, the Worlds largest Laser Tag facility, invites you to interact with others in an active and fun environment. You and your friends can increase your camaraderie, leadership and communication skills while blasting up some fun. Each week your team will be given specific objectives and game formats with computerized print-outs at the close of each game. Fee: \$55.

13421	18+yrs	Th	9/18-10/9	6:30-8:00pm	STRT
-------	--------	----	-----------	-------------	------



Get spiked at Tempe Town Lake Sand Volleyball Courts!-Tempe Town Lake has 4 sand volleyball courts available for individual/group reservations and tournaments (day-use play only). Call 480-350-8625 for information, reservations and availability. Fee: \$10 for 2 hours (per court)

Martial Arts, Judo-480-350-5200-An Olympic sport, Judo is the most participated martial art in the world. Participants take advantage of their opponents' strength and momentum to throw and immobilize them. In this class you will learn the proper techniques for falling, throwing, grappling, submission and self defense of traditional Japanese Judo. Class taught by accredited black belt instructors, beginning to advanced students, gi or sweats recommended. *No class 11/29. Fee: \$42 Adults; \$22 Youth.

12991	13yrs+	M	10/6-12/15	6:30-8:00pm	LIBR
12992	13yrs+	Sa	10/4-12/20*	9-10:30am	CRC

Martial Arts, Karate-480-350-5200-Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with light warm-up & stretch, followed by basic kick/punch/block drills. Self defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing recommended. *No class 11/29. Fee: Adult \$42; Youth \$22.

12993	13yrs+	Sa	10/4-12/20*	10:35am-12pm	CRC
12994	13yrs+	W	10/8-12/17	7-8:15pm	NCC

Martial Arts of the Peaceful Warrior-See complete description in Activities for Youth page 7.

Meditation-480-350-5200-Meditation is a discipline of both mind and body: the common thread among all spiritual traditions over the course of millennia. Its benefits are wide ranging: reduced stress and tension in the body, immune enhancement, effective pain management, improved concentration, mental clarity and peace and ease in our daily lives. Fee: \$49.

13563	16yrs+	F	9/19-11/7	5:30-6:45pm	WCC
-------	--------	---	-----------	-------------	-----

Men's Basketball League-480-350-5811-The league will play games on Sunday afternoons beginning 10/5/08. Each team will play regular season games concluding with a single elimination tournament. Registration will take place in person at Escalante Community Center. Organizational meeting on 9/4/08, 7pm. Please call with any questions. Fee: \$300 per team.

18yrs+	Su	10/5-11/23	1:30-5:30	ESCA
--------	----	------------	-----------	------

Pilates; Multi-level with Pippa Frame-Hill-480-350-5201-Join us for a progressive series of exercises that accommodate all fitness levels to increase strength, flexibility and balance of the entire body. The exercises are derived from pilates, yoga, dance and sports rehab conditioning. The focus is on mindful movement, core stabilization techniques and unified body movements. Drop in for \$9.50 per class. 13 weeks. *No class on 11/11. Fee: \$91.

13153	16yrs+	T	9/9-12/9*	9-10am	KRC
-------	--------	---	-----------	--------	-----

Activities for Adults

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Pilates and Stretch Class with Pippa Frame-Hill-480-350-5201-Join us for a multi-level Pilates class that focuses on core strength, flexibility, and relaxation. There will be a strong focus on stretching and class input is appreciated. *No class on 11/27. Drop in for \$9.50 per class.
13079 16yrs+ M 9/8-12/8 6:30-7:30pm \$98 KRC
13080 16yrs+ Th 9/11-12/11* 7:45-8:45pm \$91 KRC

Stroller Strides-480-350-5201-Fitness for moms, fun for babies! Join us for a 60 minute full body workout! Sing songs, tickle your little ones and get in a great workout. If you're expecting, join us and get your body ready for motherhood! Please bring a yoga mat or towel, water and a snack or toy for the little one (ages 6 wks to 4 yrs). *No class on 11/11 or 11/27. Fee: \$50.
13156 18yrs+ T/Th 9/9-10/2 5:30-6:30pm KIWBF
13157 18yrs+ T/Th 10/7-10/30 5:30-6:30pm KIWBF
13158 18yrs+ T/Th 11/4-12/4* 5:30-6:30pm KIWBF

T'ai Chi, Beginning-480-350-5200-Internal system to increase self-awareness, self-confidence, and balance. Slow meditative movements teach internal focus and reduce stress levels. Fee: \$45. *No Class 11/3.
13539 18yrs+ M 9/15-11/10* 6:30-8pm WCC

T'ai Chi, Advanced-480-350-5200-For participants with an intermediate's knowledge of T'ai Chi. Fee: \$50.
13540 18yrs+ Th 9/18-11/6 6:35-8:05pm CRC

Women's Basketball League-480-350-5811-The league will offer two divisions. The competitive division will play on Monday nights and the recreational division will play on Wednesday nights. The league will start 8/18/08. Please call with any questions regarding the registration requirements. Fee: \$275 per team.

Look online for the name of your favorite instructor.
<http://pkreconline.tempe.gov>



Would you like to teach a special interest class for



Yoga, Introduction-480-350-5200-You will learn a basic warm-up routine, basic beginning level sun salutation, and you will learn a new Asana (posture) each class session. Fee: \$43. *No Class 11/3.
13546 18yrs+ M 9/15-11/10* 5:30-6:25pm WCC

Yoga Level 1-480-350-5200-Ancient science bringing mind and body together. Students and instructors work toward goal through the systematic exercising and conditioning of physical body. Body becomes more flexible, muscles toned; concentration and coordination are steadily improved. *No class 10/31.
13544 16yrs+ M 9/15-11/3 10:30-11:55am \$46 KRC
13845 16yrs+ M 12/1-12/15 10:30-11:55am \$36 KRC
13541 16yrs+ M 9/15-11/3 5:30-6:55pm \$46 CRC
13846 16yrs+ M 12/1-12/15 5:30-6:55pm \$36 CRC
13542 16yrs+ T 9/16-11/4 5:30-6:55pm \$46 CRC
13847 16yrs+ T 12/2-12/16 5:30-6:55pm \$36 CRC
9270 16yrs+ W 9/17-11/5 10:35-noon \$50 PAC
13848 16yrs+ W 12/3-12/17 10:35-noon \$40 PAC
9271 16yrs+ W 9/17-11/5 6:35-8:05pm \$50 PAC
13543 16yrs+ F 9/19-11/14* 10:30-noon \$50 KRC
13849 16yrs+ F 12/4-12/19 10:30-noon \$40 KRC

Yoga, Level 2-480-350-5200-Deepen your practice, increasing your strength, flexibility, breath and focus. Practice more advanced poses and their variations with modifications for all skill levels. Strength & flexibility not a prerequisite. Fee: \$50.
9272 16yrs+ M 9/15-11/3 7:05-8:35pm PAC

Yoga, Core-480-350-5200-Core Yoga strengthens and tones the core (abs, back, butt) using both traditional and non-traditional yoga poses. A general knowledge of basic yoga poses is a plus, but not required. Fee: \$43.
13545 16yrs+ Th 9/18-11/6 6:30-7:25pm NCC

Yoga, Mixed-Level-480-350-5200-A class with something for everyone, from the beginner with some experience to intermediate. Variations will be taught according to the level of each student. Fee: Below.
13547 16yrs+ W 9/17-11/5 5-6:15pm \$48 KRC
13850 16yrs+ W 12/3-12/17 5-6:15pm \$38 KRC

Yoga, Parent & Baby-480-350-5200-Enjoy this gentle stretching yoga for both parent and baby. This class provides a quality bonding experience between baby and parent. For babies 1 month to 12 months; one child per adult. Fee: Below. *No Class 10/31.
13548 16yrs+ F 9/19-11/14* 9:30-10:15am \$43 KRC
13854 16yrs+ F 12/5-12/19 9:30-10:15am \$33 KRC

Yoga, Parent & Baby-480-350-5200-Enjoy this gentle stretching yoga for both parent and baby. This class provides a quality bonding experience between baby and parent. For babies 1 month to 12 months; one child per adult. Fee: Below. *No Class 10/31.
13548 16yrs+ F 9/19-11/14* 9:30-10:15am \$43 KRC
13854 16yrs+ F 12/5-12/19 9:30-10:15am \$33 KRC

NEW! **Yoga, Partner**-Bring a loved one, your office buddy, best friend, even a child and join us for a fun one day workshop. Discover how much easier yoga can be when someone is helping you. If you are a novice or an experienced yogi, this class will benefit you. Fee: \$25 per person.
13733 10yrs+ W 10/8 6-8pm CRC

Yoga/Pilates Combo with Pippa Frame-Hill-480-350-5201-Integrate movements from both Hatha Yoga and Pilates to increase mind and body wellness. All levels welcome. Drop in for \$9.50 per class. 13 weeks. *No class on 11/27. Fee: \$91.
13154 16yrs+ Th 9/11-12/11* 9-10am KRC

Yoga, Qiyoga-480-350-5200-A combination Qigong and Yoga class. Learn basic self acupressure and breathing techniques and increase flexibility and strength with simple stretching exercises. Gentler than regular yoga. Fee: Below.
13549 16yrs+ T 9/16-11/4 7-8:30pm \$50 CRC
13851 16yrs+ T 12/2-12/16 7-8:30pm \$40 CRC

Yoga, Yin-480-350-5200-Deep relaxing, long-holding and restorative poses work with the connective tissue and joints of the back, hips, pelvis, sacrum and thighs. Fee: Below.
13550 16yrs+ Su 9/14-11/2 4-5:30pm \$50 NCC
13852 16yrs+ Su 11/30-12/14 4-5:30pm \$40 NCC

Yoga, Yin & Restorative-480-350-5200-End your long, hectic week with a slow, long holding, supported practice targeting the connective tissue of the hips, pelvis and lower spine. You will leave feeling renewed and refreshed. Fee: Below.
13551 16yrs+ F 9/19-11/7 5:30-6:55pm \$46 CRC
13853 16yrs+ F 12/5-12/19 5:30-6:55pm \$36 CRC

Business

For more information about free business and finance classes at the Library, call Rolf Brown at 480-350-5563. <http://www.tempe.gov/library/events/newbiz.htm>

Financial Issues for Women at or Approaching Retirement-Are you approaching retirement and unsure whether you are making the best financial decisions. Join us for a two hour workshop designed for women who are in this situation. Topic include: managing cash flow, diversification of your investments, insurance needs, and tax planning. Be prepared to take home practical advice and a survival guide to get you on track for greater peace of mind.
13573 Th 9/25 7pm TLC
13601 Sa 9/20 10am CAFÉ

It's a Start-480-350-5800-Looking for a job? Bring in your resume and we can help you make it more effective by using one of the computer programs. This is a drop in program and a facility membership is required. Fee: None.
18yrs+ M-F 9/8-12/5 11am-3pm ESCA

Online Stock Trading-Create and manage your investment portfolio online from your home. Conduct research and control your investments without middlemen or delays. Attend this informative free seminar conducted by a financial industry professional.
13582 M 10/6 7pm CAC

↓ Activities for Adults

Outlook and Opportunities-This program covers a variety of opportunities to invest. The content is updated quarterly with overall market returns, a nuts and bolts program for investors.

13611 Th 9/11 7pm TLC

Rules of the Road-Explains 10 fundamental concepts of investing and teaches attendees potential strategies to help build wealth.

13612 Th 10/9 7pm TLC

Making Sense of Retirement-This seminar will help attendees make informed retirement decisions about retirement. This will help attendees analyze their current situation and choose the steps they need to take.

13613 Th 11/13 7pm TLC

Women & Investing-Investing from a woman's perspective: This program covers issues that a woman may face in the process of securing her financial future.

13614 Th 12/11 7pm TLC

Wise Decisions In Challenging Transitions-Free seminar for anyone facing the possibility of divorce. Sometimes people hit a bump in the road and divorce seems like the only option. Financial, emotional and legal decision-making can be overwhelming. The East Valley Divorce Education Network (EDEN) is a team of professionals that have designed a seminar to help people understand some basic options essential to building a secure future for families in transition.

13615 Th 9/11 7pm CAFE

Scholarship Workshop-Wanting to go to college but don't have a way to pay for it? Join us as we learn about finding and applying for scholarships and grants. This scholarship workshop unlocks the myths about scholarships. We will show you where to find scholarship opportunities and how to prepare a winning application. Learn about many new, local and national programs to help you on your way to college graduation.

13610 M 10/20 7pm CAC

Roadmap to Owning a Home-This program, conducted by real estate professionals, provides the first time home buyer and those that have been out of the real estate market for a while with a detailed road map on the process of buying a home.

13583 Th 9/18 6pm TLC

13604 Th 10/16 6pm TLC

13605 Th 11/20 6pm TLC

Selling Your Home in Our New Market-Thinking of selling your home? Are you confused about the market? Homes ARE selling! Come learn about the realities of our real estate market and the 5 essential steps to prepare your home for a successful sale.

13585 Th 10/2 7pm TLC



Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Buying Distressed Properties-Whether you are looking to own investment property, or are just looking for a good deal, there are questions that arise when considering distressed properties. For example, how is buying a distressed property different than a normal home? How do you identify potential expenses? Come learn about benefits of buying distressed properties.

13571 Th 12/4 7pm TLC

New Ways to Beat the High Cost of College-480-350-5200-Attention parents of college-bound high school Juniors and Seniors! Learn how to lower your out of pocket expenses and how to get more FREE money for college. You will learn how to understand scholarships, grants, asset planning, financial aid forms and how to pick the schools that will give you the best financial aid packages. This class will help make your child's college education affordable! Fee: None.

13004 18yrs+ T 9/23 6:30-8:30pm NCC
13005 18yrs+ W 10/8 6:30-8:30pm NCC
13006 18yrs+W 11/12 6:30-8:30pm NCC

How To Use Your Mortgage as a Financial Tool: Create Wealth for you, Not your Bank-480-350-5200-If you have a traditional 30-year or 15-year fixed mortgage, this class will reveal how those mortgages can kill your ability to become financially successful! Learn why your mortgage can be the reason you are stuck in the paycheck-to-paycheck lifestyle and why you can't accumulate any real money in savings. Fee: None.

13007 18yrs+ W 9/24 6:30-8:30pm NCC
13008 18yrs+ T 10/7 6:30-8:30pm NCC
13009 18yrs+ Th 11/13 6:30-8:30pm NCC

Teach your Child Good Money Habits-480-350-5200-The success of your child's financial future is based on the money habits he/she creates as a child. Learn how you can instill good money habits while your child is young and avoid the 8 common mistakes parents make in teaching kids about money. Seminar will also address how to teach your kids to realize that there is more to money than just spending it! Fee: None.

13014 18yrs+ T 9/30 6:30-7:30pm NCC
13015 18yrs+ T 10/14 6:30-7:30pm NCC
13016 18yrs+ W 11/5 6:30-7:30pm NCC

Computer Instruction

For information about computer classes at Escalante Community Center call 480-350-5800.

Beginning Computer Class-480-350-5800-Learn about the very basic hardware of a computer, how to use the mouse, keyboard, search information on the internet and practice in this **LEVEL 1** computer class. Fee: None.

13367 18yrs+ T 9/9-9/30 10-11am ESCA

Internet and E-mail Made Easy-Learn how to "surf the web," use a search engine, and send messages electronically. A working knowledge of computers, the keyboard and the mouse is required for this **LEVEL 2** computer class. Fee: None.

13368 18yrs+ T 10/7-10/28 10-11am ESCA

Working with Word-Learn how to create letters, edit documents, and more using Microsoft Word. A working knowledge of computers, the keyboard and the mouse is required for this **LEVEL 3** computer class. Fee: None.

13369 18yrs+ W 9/10-10/1 10-11am ESCA

Excel Basics-Learn how to create, edit and sort simple lists, and save and create formulas in a spreadsheet using Microsoft Excel. A working knowledge of computers, the keyboard and the mouse is required for this **LEVEL 4** computer class. Fee: None.

13370 18yrs+ Th 9/11-10/2 10-11am ESCA

For information about computer classes at the Library, call-480-350-5511.

More information available at <http://www.tempe.gov/library/events/nettrain.htm>.

Wireless Training-480-350-5511-Learn about wireless computing for your home or business. Set-up security and other issues will be covered.

13581 Th 7pm Gates 10/23

13812 Th 7pm Gates 12/11

Genealogy on the Web-480-350-5511-Learn the basics of genealogy. Use the resources of the Internet to conduct genealogical research.

13607 M 9/8 7pm Gates

13609 M 11/3 7pm Gates

Online Auctions-480-350-5511-Learn the ins and outs of buying and selling on the Internet. The focus will be on eBay.

13575 M 9/15 7pm Gates

13600 M 10/27 7pm Gates

On-line Registration is now available at www.tempe.gov/brochure

Mark your Calendar

Future brochures are scheduled to be available as follows:

Winter 09 Brochure week of Dec 1
Spring 09 Brochure week of Feb 17
Summer 09 Brochure week of April 20

The brochure is also available online at www.tempe.gov/brochure

If you do not receive a brochure through the mail during the week of home delivery, or are not a Tempe resident, copies are available at the following locations:

- Tempe Public Library
- Parks and Recreation Admin Office
2nd floor of the Library
- Pyle Adult Recreation Center • Edna Vihel Center
- Kiwanis Park Recreation Center
- Westside Community Center
- Escalante Community Center
- North Tempe Multigenerational Center
- City Hall • Human Resources
- Tempe Golf Courses • Town Lake Marina

If you have questions, please call 480-350-5315

Activities for Adults

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Basic Computer and Internet Skills-480-350-5511-Learn the basic skills needed to use a computer and access the Internet. This free two-hour workshop introduces computers, how they work, and how to use them. Registration required as space is limited. Register in person at Library Reference Desk or by phone at 480-350-5511.

13566	T	9/23	7pm	Gates
13590	T	9/30	7pm	Gates
13591	T	10/7	7pm	Gates
13592	T	10/14	7pm	Gates
13593	T	10/21	7pm	Gates
13594	T	10/28	7pm	Gates
13595	T	11/4	7pm	Gates
13596	T	11/11	7pm	Gates
13597	T	11/18	7pm	Gates

Wireless Training-480-350-5511-Learn about wireless computing for your home or business. Set-up security and other issues will be covered.

13586	Th	10/23	7pm	Gates
13812	Th	12/11	7pm	Gates

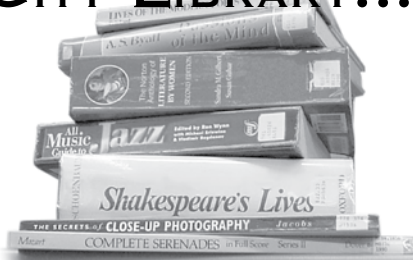
Email Basics-480-350-5511-This two hour class is an introduction to web-based email for students who are familiar with computers, but want to know more about email.

13572	W	9/24	7pm	CAC
13598	W	10/29	7pm	CAC

Introduction to Excel-480-350-5511-This two hour class is an introduction to Microsoft Excel for students who are familiar with computers, but have not used Excel.

13574	W	10/15	7pm	CAC
13599	W	11/12	7pm	CAC

WITHOUT YOUR CITY LIBRARY...



WHERE WOULD YOU CHECK IT OUT?

A reminder from your city of



Introduction to PowerPoint-480-350-5511-This two-hour class is an introduction to Microsoft PowerPoint for students who are familiar with computers, but have not used PowerPoint.

13576	W	10/8	7pm	CAC
13602	W	11/5	7pm	CAC

Introduction to Word-480-350-5511-This class is an introduction to Microsoft Word for people who are familiar with computers, but have limited word processing experience.

13577	W	10/1	7pm	CAC
13578	W	10/22	7pm	CAC
13578	W	11/19	7pm	CAC

Books

Stay tuned for more Author Visits—visit our library events website: <http://www.tempe.gov/library/events/>, in-house flyers and bulletin board, or call 480-350-5511.

BOOK DISCUSSIONS

Great Books Discussion Group-(480)-350-5511-The Great Books Foundation promotes reading, thinking, and the sharing of ideas for people of all ages. Come and nourish yourself with great literature on the second and fourth Tuesday of each month at 7pm in the Youth Services Meeting Room. Volunteers Kathy and Don Dietz serve as discussion leaders. Participants provide their own copies of the works to be discussed. Fee: None. Registration is not required. In honor of the upcoming elections, the Great Books discussion group will read and discuss various excerpts from And Justice for All: The Universal Declaration of Human Rights at 50.

9/9	<i>Interpreter of Maladies</i>	Jhumpa Lahiri*
9/23	<i>The Human Rights Idea</i>	Louis Henkin**
	<i>Preamble to the Charter of the United Nations**</i>	
	<i>Universal Declaration of Human Right **</i>	
10/14	<i>The Declaration of Independence**</i>	
	<i>The Constitution of the United States**</i>	
	<i>Of Civil Governmen</i>	John Locke**
10/28	<i>Declaration of the Rights of Man and the Citizen**</i>	
	<i>Anarchical Fallacies</i>	Jeremy Bentham**

*Reading from Great Conversations 3, The Great Books Foundation. Copies of these anthologies are on reserve in the Tempe Library and may be obtained from the Great Books Foundation www.greatbooks.org

**Reading from And Justice for All: The Universal Declaration of Human Rights at 50. Copies of this anthology are in the reference collection in the Tempe Library and may be obtained from the Great Books Foundation www.greatbooks.org

Mystery Lovers Club-(480)350-5557-Come join mystery fans monthly at 10am on the first Saturday of every month in the Connections Café to discuss favorite mystery books and authors. Have your turn leading the discussion if you like, or join in the probing conversation. Participants must provide their own copies of the books being discussed. Fee: None. Registration is not required.

<http://www.tempe.gov/library/events/mystery.htm>. Stay Tuned for Mystery Lovers Club Book Selections

9/6	In a Dry Season	Peter Robinson
-----	-----------------	----------------

Afternoons of Mystery-480 350-5557-Join us for an Afternoon of Mystery in the Connections Café to meet mystery authors and to find out more about the popular genre. Fee: None. Registration is not required. Stay tuned for more Afternoons of Mystery as they happen. We often have short notice of author visits. Keep checking our website at: <http://www.tempe.gov/library/events/afternoonmystery.htm>.

WE WANT YOUR OPINION!

Tell us what you think about the Tempe Opportunities brochure.

Visit Tempe.gov/brochure and click the **Tell Us link** to fill out a short survey.

Or call 480-350-5315 to have a survey mailed to you.

YOUR OPINION COUNTS! All surveys received by September 15, 2008 will be entered into a contest to win one of ten great prizes. Prizes include family four packs to Kiwanis Wave Pool, Insight Block Party and much more! Must be 18 to enter.

We look forward to hearing from you!

tempe.gov/brochure • 480.350.5315

Activities for Adults

Classes for Lifelong Learning at the Pyle Center

Lifelong learning classes are offered for those 50 years or older. Advance registration is required.

Flower Gardening-Colorful flowers can brighten a desert garden throughout the year, if you know when and how to plant the right varieties. Landscape architect and long-time flower gardener Judy Mielke will show you which varieties of flowers do best in our climate, when to plant them and how to care for your flower garden once it is established. Fee: \$25.



13138 T 9/30 6-8pm PAC

Friendship Force International-Interested in travelling and meeting people from all over the world? Join Lucille Houston, a member of Friendship Force, as she discusses how Friendship Force International brings people of the world together through home stay exchanges which can be national or international, creating unforgettable experiences that build lasting bonds of friendship. Fee: none.

13133 T 9/9 6-7:30pm PAC

Get the Most Out of Your Digital Camera-Make that transition into the digital age a little smoother. You'll learn basic photography elements such as composition and exposure and talk about things that are exclusive to digital photography such as file formats, pixels and more! Attendees are encouraged to bring their cameras. Fee: \$10.

13147 W 9/17 & 9/24 6:30-8pm PAC

13144 W 11/12 & 11/19 6:30-8pm PAC

Classes begin the week of September 8th unless otherwise noted within class description. See page 2 for Code of Location Abbreviations.

Maricopa Integrated Health System (MIHS)-Informative PowerPoint presentation on MIHS, the public healthcare "safety net" health system for the citizens of Maricopa County. Find out about the history of MIHS, the facilities and services provided by this property tax supported entity and how it can be of service to you and your family or someone you know. Presented by Maricopa Special Health Care District elected official, Bil Bruno, member of the MIHS Board of Directors. Fee: None.

13139 W 10/1 10am CSC

Powerful Tools for Caregivers-Provided by the Area Agency on Aging, this class will focus on caregivers and be primarily geared towards family caregivers. The class will cover many aspects, from learning how to adapt to the role, developing an action plan and learning how to relax and relieve stress. Fee: None.

13141 Th 10/2-11/6 1:30-3pm PAC

Stress Management for Healthy Aging-This 6-week, stress-reduction program will cover strategies that use the connection between the mind and the body to help reduce your stress, decrease physical symptoms, improve mood, and increase your positive outlook on life. Presented by ASU Clinical Psychology Department. Fee: \$50.

13140 M 10/6-11/10 6-8pm PAC

HeartAware Risk Assessment-Sponsored by Chandler Regional Medical Center and Mercy Gilbert Medical Center, this will help you to assess your cardiovascular health status, identify potential medical or lifestyle conditions that may lead to development of heart disease and take a proactive approach to reducing your risks. Blood screening for cholesterol (Lipid Profile) and glucose included. Call 480-858-2420 to schedule an appointment time-required with registration. Fasting for 6 hours prior to appointment is required. Continental breakfast included. Fee: \$2.

13143 Th 10/16 7-11am CSC

Ready to Go Digital?-Are you ready for the mandatory conversion to digital TV? Having a hard time understanding some of the newer technology? Learn about digital television, HDTV, Blu-Ray and what you need to know when you go to the store and look at the latest video equipment. Fee: None.

13148 M 10/20 6:30-8pm PAC

Hearing Loss-Seriousness, Prevention and Solutions-Hearing loss, the "hidden disability" is more serious than many people realize. This presentation, by William Schafer, Cochlear Awareness Network Volunteer, will give information on hearing aids, cochlear implants when hearing aids are not enough, the use of assistive listening devices, and for the hearing: how to communicate with the hard-of-hearing. Fee: None.

13142 W 11/5 10-11am CSC

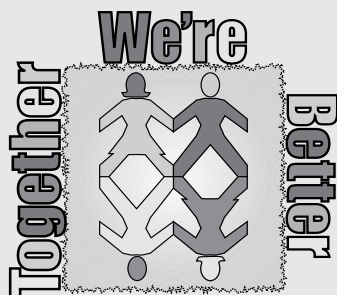
Rejuvenate From the Inside Out-Certified acupuncturist and Tai Chi instructor Victoria Mogilner will cover how to replenish yourself from the inside out with acupressure self help and Tai Chi. The two-part series covers stress reduction, facial rejuvenation and learning the pressure points for neck, back and shoulder problems and how to increase your stamina. You will leave feeling replenished and be given tools and handouts on how to take care of yourself naturally. Fee: \$25.

13149 W 10/15 & 11/5 1:30-2:30pm PAC

13150 Th 11/6 & 11/13 6:30-8pm PAC

Watch for the Winter 2009 Brochure coming the week of Dec. 1, 2008.

Tempe Talks because "Together, We're Better": a Program of Diversity Dialogues



September 17	October 15
September 24	October 22
October 1	October 29
October 8	

6-8 PM
Library Program Room

All are invited to discuss diversity topics, cultural tolerance, discrimination, and share experiences and perceptions. This program will foster community dialogue. Groups of 12-15 diverse individuals will meet every Wednesday for 7 consecutive weeks to discuss issues of diversity in Tempe. For more information call Ginny Belousek at 480-350-8979.

There is a copy of the application on this page, or you can visit www.tempe.gov/diversity to electronically submit your application.

For information call the City of Tempe Diversity Department, 480-350-8979.

Mail application to:
Diversity Department
31 E. 5th St., Tempe, AZ 85281

Application deadline is September 10, 2008

Sponsored by: Tempe Diversity Department, The Friends of the Tempe Public Library and The Tempe Human Relations Commission

DIVERSITY DIALOGUE FALL 2008 APPLICATION

Diversity Dialogue I Diversity Dialogue II*

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Have you participated in the Diversity Dialogues program in the past? No Yes

The following optional information will help us make the groups diverse and facilitate conversation.

Gender M F Age +51 Age 50-31 Age 30-15

Ethnic Background _____

Faith Background _____

Sexual Orientation: Bisexual Heterosexual Gay Lesbian

Do you have a disability? No Yes

If "yes", explain _____

I agree to attend all seven dialogue group sessions (2 hours/week) I am signing this document as a commitment to fully participate in this program.

Candidates will be selected in the order that applications are received and based on dialogue group availability.* Because of the controversial nature of some of the topics and the intensity of emotions that may arise, to be eligible for Diversity Dialogue II participants must have previously completed Diversity Dialogue I. The opinions of the group participants and/or facilitators may not necessarily reflect those of the City of Tempe. *Space is limited.*

Signature _____ Date _____