

Feather River College

Summer Community Education Classes, 2011

Beginning June 11th and running through August, students of all ages are welcome to take part in the low-cost, not-for-credit program. Unless otherwise noted, classes are open to all learners of all ages and levels of experience!

Please register in ADVANCE to reserve your place in class. However, most classes will accept registration on the first day of class if there are spaces left.

Three ways to register for Community Education classes:

1. Call the Feather River Fitness Center at 283-9401
2. E-mail: lkelly@frc.edu
3. Come by the Feather River Fitness Center

Three ways to pay for Community Education Classes:

SEND A CHECK TO:

Feather River College Community Education Program
570 Golden Eagle Drive
Quincy CA 95971

CHARGE: To pay with a credit card, you must call or come to the Feather River College Fitness Center

CASH: To pay by cash, please do so on the first day of class.

Computer Workshops (take one for \$25 each or the whole series for \$125):

All workshops are Saturdays, June 11th – July 16th, from 9:00 – 12:00 noon in Room 600 (FRC Computer Lab). \$25 each session or \$125 for the series. Instructor: Jeremiah Bridges

Open Yourself to Windows: June 11th

This workshop is an introduction to windows, operating systems (OS), basic devices and technology awareness. Explains the use of operating systems, why we use them, and how to use an OS to access programs and data. Learners will gain a better understanding and confidence in their use of computers.

You've Got the Look...But Does Your Resume? June 18th

Learn how to use MS Word to your advantage in the creation and modification of a resume that will appeal to employers. This class will provide instruction for job seekers and increase their marketability.

Excel with Excel: June 25th

Learn to create and manage simple spreadsheets, charts, and graphs for personal business use.

The World Wide Web Has Nothing to do with Spiders! July 2nd

Learn the importance of the Internet and how to use it to find information, answer questions, and conduct research safely and effectively.

E-Mail: The Pony Express of the Digital Age: July 9th

Learn how to create an e-mail account, set up your mail box, and use it safely and effectively.

Open a Window, Find a Cloud: July 16th

Learn what the Cloud is and how it is being used for social networking and media.

Personal Enrichment

Explore the Cosmos

Tuesdays, June 14th – July 5th, from 8:30 – 10:30 p.m. at the FRC Equine Classroom. \$40 (\$20 for accompanied minor). Instructor: Charley Arrowsmith

Did you know that FRC has an observatory? For anyone who has ever wished that they knew more about the sky above and the universe around us, the stargazing class “Perspectives on Astronomy” will cover an overview of our cosmos. This class includes evaluating the seasons and phases of the moon and weather permitting, each class will conclude with an observing session at the FRC observatory.

Adventures in Nature Journaling

Saturdays, June 11th – July 2nd, from 9:00 – 12:00 noon. (Take one class for \$15 or the whole series for \$50 + a \$25 materials fee that includes a journal for wet/dry media and several types of drawing pens and pencils) Instructor: Joe Willis

Explore the world of Journaling through sketching, writing, watercolors, and photography as an aid to improving our powers of observation and contemplation of what is around us in the spectacular landscapes of the Feather River Watershed. We’ll hike and journal in a different natural setting near Quincy each Saturday morning session. We’ll look at samples of journals kept by some great naturalists as well as by some contemporary writers who like to draw and paint. On each of these walks, students will discover and record the incredible biodiversity available in our immediate surroundings.

Session I: June 11th - Meet at FRC Student Center and travel the path to Snake Lake.

Session II: June 18th - Meet at the R&R RV Park (Near Woody’s Hot Springs in the Canyon around 8 miles west of the Greenville Y).

Session III: June 25th – Meet at Oakland Feather River Camp by the horse corral just inside the gate.

Session IV: July 2nd – Meet at Boyle Ravine nature trail at the end of Coburn Street.

FRC Summer Film Series

Wednesdays, July 6th – July 20th, from 7:00 to 9:00 p.m. in the FRC Gallery. (See one film for \$7 or all three for \$15!) Instructor: Mary Louise Ruth

During the month of July FRC invites everyone in our community to travel with us on our movie journey to explore some of the unique cultures and locales in the U.S.A. After each film we'll discuss it together. Bring friends and family!

SMOKE SIGNALS (U.S. 1998): July 6th

Dir. Chris Eyre Starring: Adam Beach and Evan Adams

Two young men from the Coeur d'Alene reservation in Idaho take off on a journey to confront their past. The traditional on-the-road story takes a new twist with its modern Native American point-of-view. This was the first movie written, directed, acted and co-produced by Native Americans. Sherman Alexie wrote the screenplay based on his best-selling book The Lone Ranger and Tonto Fistfight in Heaven.

MISSISSIPPI MASALA (U.S. 1992): July 13th

Dir. Mira Nair Starring: Denzel Washington and Sarita Choudhury

The film, set in Greenville, Mississippi, crosses many borders without ever losing its deep roots in the Delta blues. A family from India, exiled from Uganda when Idi Amin took power, tries to make a new life in Greenville. Their strong-willed daughter Meena meets Demetrius, an ambitious African-American who owns a carpet-cleaning business, but it's not exactly love at first sight. Their story could only happen in the U.S.A.

EL NORTE (U.S. 1983): July 20th

Dir. Gregory Nava Starring: Lupe Ontiveros

A young brother and sister begin their epic journey in Guatemala when their father is murdered and the army destroys their village. They escape to Mexico then continue their struggle to reach the promised land in Los Angeles. This film marked the beginning of the U.S. Independent film movement but almost wasn't completed when their exposed footage was confiscated.

Outdoors and Fitness

African Dance From the Congo

Tuesdays and Thursdays, June 14th – July 21st, from 12:00 – 1:30 p.m. at Feather River Fitness Center. \$75 for six weeks of class. Instructor: Lavelle Kenny

Enjoy a spiritually uplifting traditional dance class from the heart of the Congo. This is a physical aerobic workout linking the body and soul! Children accompanied by an adult are welcome!

Aqua Zumba

Tuesdays and Thursdays, August 2nd – August 30th, from 6:00 – 7:00 p.m. at Feather River Fitness Pool. \$50 for six weeks or \$5 per class. Instructor: Christie Brawley

This is a Latin inspired water fitness class. This class takes water ballet to a whole new level with energizing Latin fused music and exciting fitness moves. A great workout, this class is disguised as a pool

party, so ditch the workout and join the fun!

College for Kids

Kids 'n Dance

Monday – Friday, July 18th – 22nd, from 10:00 – 12:00 noon. This class is designed for kids entering 1st grade through 6th grade at Feather River Fitness – boys and girls welcome! \$50. Instructor: Jeni Johnson

Does your child dream of dancing or has excess energy to burn off? Then enroll them in the Dance the Summer Away class. This class is committed to building children's self-esteem and self-expression as well as exploring the art of dance. It is designed for girls and boys of all abilities who wish to learn simple dance routines in a relaxed and positive environment. Get up, get moving and let's have a blast with dance.

Summer Story Time

Wednesdays, June 15th - August 17th, at 6:00 – 7:00 p.m. Meet at the FRC Student Center. Cost: \$5/family for each session. Instructor: Jeni Johnson

Come and enjoy the age old art of storytelling as it comes to life under the shade tree at Feather River College. Summer Story Time is a program committed to the development of family literacy while providing a safe, barrier free and fun environment for children, families and individuals. There will be wonderful stories read while you relax on your blankets and breathe the summer evening air.