

PERSONAL INTEREST

Film Appreciation: Cult Cinema

Film lovers, experience a journey into cult cinema. Enjoy four evenings watching, reviewing, analyzing and discussing four different cult films. Be a part of a lively and active communal following while gaining an understanding of the writing, actors, and the history of this film genre; as well as techniques used in cult films. Light snacks included. This semester's films include: The Karate Kid, Back to the Future, ET the Extraterrestrial, and The Goonies.

CES 3709	(1.2 CEU)		\$49/Senior Cost \$39.20
4 weeks	Thurs	Oct 25	7-10 pm
Sec. 947003	AS920		M. Seizov

Film Appreciation: Noir Cinema

Plan four entertaining evenings out that feature four classic noir films! Each semester watch, review, analyze and discuss four different noir films that feature the melancholy, evil, guilt and paranoia that noir films are known for. Gain an understanding of the techniques used in the films, along with the writing, actors and the history of the films status. Light snacks included. This semester's films include: This Gun for Hire, The Blue Dahlia, Laura, and Rebecca.

CES 3707	(1.2 CEU)		\$49/Senior Cost \$39.20
4 weeks	Thurs	Sep 27	7-10 pm
Sec. 947004	AS920		M. Seizov

Genealogy Basics Online

Learn how to dig deeper into your family's past and develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. Understand the genealogy research process and how to interpret the information found. Be guided through the search process for family names using several subscription-based websites, which you can access while you're enrolled in the class.

CES 0823	(2.4 CEU)		\$109/Senior Cost \$87.20
Sec. 947001	6 weeks	Sep 12	ed2go
Sec. 947002	6 weeks	Oct 17	ed2go
Sec. 947005	6 weeks	Nov 14	ed2go



For access to your ed2go or UGotClass Online Classroom, see page 50.

WELLNESS

Meditation - A Journey of Self Discovery: The Series

This money saving series is a real value and includes the following 4 classes:

CES 0984 Meditation - Experience the Self: An Inner Journey

CES 0986 Meditation - A Peaceful Mind is a Precious Gift

CES2 0034 Meditation - Design a Life That You Love!

CES2 0020 Meditation - 10 Tools for Health, Harmony & Joyful Living

See class descriptions for more information.

CES 0983	(.8 CEU)		\$80/Senior Cost \$64
4 weeks	Wed	See dates below	6:30-8:30 pm
Sec. 947305	JC122		K. Bindu Henning

You must register prior to the start of the series to take advantage of the savings.

Meditation - Experience the Self: An Inner Journey

Have you ever wondered who you are beyond your name, form and the many roles you've played throughout your lifetime? Take an in-depth look at the essence of Self, your inner being. Through interactive lecture and meditation embark on an extraordinary inner journey and experience the radiant, peaceful presence within. Learn how to maintain a connection with your inner Self while living in today's hectic world.

CES 0984	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Sep 12	6:30-8:30 pm
Sec. 947304	JC122		K. Bindu Henning



Meditation - A Peaceful Mind is a Precious Gift

A peaceful mind is the foundation for health, happiness and well-being, yet quieting the mind can be a difficult task. Through interactive lecture and meditation learn powerful tools to help calm the restless activity of the mind. Learn how to relax, unwind, and enjoy deep, soothing meditations. Create a powerful shift, enjoy a fresh perspective and experience life anew!

CES 0986	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Sep 19	6:30-8:30 pm
Sec. 947306	JC122		K. Bindu Henning

Meditation - Design a Life That You Love!

Life has a way of flying by as we fast-track our way from one year to the next, without pausing to see exactly where we are going. Through interactive lecture and meditation, take this golden opportunity to stand powerfully in the present and with a light-hearted approach, clean house! Break free from the 'same old ways' of thinking. Design a life filled with happiness, fulfillment and renewed enthusiasm. **Requirement:** bring a notebook and pen to class.

CES2 0034	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Sep 26	6:30-8:30 pm
Sec. 947302	JC122		K. Bindu Henning

Meditation - 10 Tools for Health, Harmony & Joyful Living

Incorporate ten simple and effective tools into everyday living and enjoy peace, contentment and more! Using a natural approach for the body, mind and spirit, these tools transform and support every area of life. Through interactive lecture and meditation, learn to remain steady and at ease amidst life's ups and downs. Reduce stress, improve health, and enhance your love and appreciation for yourself and others.

CES2 0020	(.2 CEU)		\$25/Senior Cost \$20
1 day	Wed	Oct 3	6:30-8:30 pm
Sec. 947303	JC122		K. Bindu Henning

Present Moment Meditation: A Path to Inner Peace

Meditation is an easy, natural way to access inner peace and stillness. It reduces stress; quiets the mind; and is beneficial for health and managing challenges. Using a light-hearted approach, students will be gently guided into deep, soothing meditation. Learn how to stay calm and centered throughout your day! Class includes two meditations, a short reading and discussion relating to meditation and stress reduction. Beginners and repeat students welcome. Chairs provided.

CES2 0046	(.4 CEU)		\$45/Senior Cost \$36
3 weeks	Wed	Oct 10	6:30-7:50 pm
Sec. 947307	JC122		K. Bindu Henning



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