

PERSONAL INTEREST

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: *The Killing*, *The Asphalt Jungle*, *The Big Heat*, and *Out of the Past*.

CES 3707	(1.2 CEU)	\$49/Senior Cost \$39.20
4 weeks	Thurs	Jan 24
Sec. 917030	JC102	M. Seizew

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: *IT!* (the original), *Christine*, *The Shining*, and *Pet Sematary*.

CES 3709	(1.2 CEU)	\$49/Senior Cost \$39.20
4 weeks	Thurs	Mar 14
Sec. 917031	JC102	M. Seizew

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. 917026	6 weeks	Jan 16
Sec. 917027	6 weeks	Feb 13
Sec. 917028	6 weeks	Mar 13



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
Sec. 917330	JC122	6:30-8:30 pm
		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	Jan 9
Sec. 917329	JC122	6:30-8:30 pm
		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	Jan 16
Sec. 917331	JC122	6:30-8:30 pm
		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	Jan 23
Sec. 917328	JC122	6:30-8:30 pm
		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	Jan 30
Sec. 917327	JC122	6:30-8:30 pm
		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	Feb 6
Sec. 917326	JC122	6:30-7:50 pm
		K. Bindu Henning

