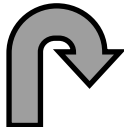


# Wednesday Evening Programs

Registration for all evening programs will start on Fri. Feb 28 at 8:00 a.m.  
Register in person at Eagle View Adult Center or register by calling 303-655-2075.

March & April Classes	March Happenings
<p><b>Acrylic Painting</b> Learn new painting techniques in this beginner/intermediate acrylic class. All supplies and instruction provided for you to paint and finish a beautiful canvas painting. Some painting experience is helpful but not needed. See display case for paintings. Instructor: Judy Schissler. 5:30 - 7:30 p.m. Wednesdays</p> <p><b>Session 1:</b> Lilac Mar 4 - 18 \$50 (3 wks) Deadline: Tues. Mar 3 by noon</p> <p><b>Session 2:</b> Hydrangea Apr 1 - 8 \$40 (2 wks) Deadline: Mon. Mar 30</p> <p><b>Tai Chi Basics</b> Discover the benefits of this ancient form of movement which can improve balance, agility, strength, and coordination as well as reduce stress. Tai Chi is easy and enjoyable to learn. Learn to master the moves that can then be done at home. Instructor: Saba Obika. 4:00 - 5:00 p.m. Wednesdays</p> <p><b>Session 1:</b> Mar 4 - 25 \$20 (4 wks) Deadline: Tues. Mar 3 by noon</p> <p><b>Session 2:</b> Apr 8 - 29 \$20 (4 wks) Deadline: Mon. Apr 6</p> <p><b>Watercolor Painting</b> In this beginner-intermediate class, participants will all work on the same painting to learn new skills and techniques. Non-beginners wishing to hone their skills are welcome. Get supply list at registration - paper is available through the instructor, Sharon Krohn. 5:30 - 7:30 p.m. Wednesdays</p> <p><b>Session 1:</b> Easter Duck Card Mar 25 \$13 Deadline: Mon. Mar 23</p> <p><b>Session 2:</b> Cactus Apr 15 - 29 \$38 (3 wks) Deadline: Mon. Apr 13</p> <p><b>Yoga - Beginning</b> This basic beginning class will focus on relaxation, breathing, increased range of motion, and flexibility. You must be able to get onto and off the floor. If you have trouble on the floor or have considerable physical limitations, please enroll in Chair Yoga or Adaptive Yoga during the day. Instructor: Madhur Mahajan. 5:30 - 6:30 p.m. Wednesdays</p> <p><b>Session 1:</b> Mar 4 - 25 \$20 (4 wks) Deadline: Mon. Mar 2</p> <p><b>Session 2:</b> Apr 1 - 29 \$25 (5 wks) Deadline: Mon. Mar 30</p> <p><b>Zumba Gold®</b> Zumba is a Latin-inspired workout that is part dance, part fitness. Zumba Gold is a modified class that uses easy-to-follow Zumba choreography that focuses on balance, range of motion, coordination, and fun. Instructor: Rosalie Farrer. 4:00 - 5:00 p.m. Wednesdays</p> <p><b>Session 1:</b> Mar 4 - 25 \$20 (4 wks) Deadline: Mon. Mar 2</p> <p><b>Session 2:</b> Apr 1 - 29 \$25 (5 wks) Deadline: Mon. Mar 30</p>	<p><b>Nutrition for Aging Adults</b> How does nutrition change as we age? Does a 60-year-old male require the same nutrients as a 60-year-old female? Why do your nutritional needs change and does it really matter? Join us as we welcome certified nutrition therapy practitioner, Stephanie Ashby, as she presents on what you can do as active adults to achieve a nutrition plan that will benefit your overall well-being. Don't wait; the sooner you understand your body's nutritional needs, the sooner you'll feel better. 5:30 p.m. Wed. Mar 11 \$7 Deadline: Mon. Mar 9</p> <p><b>Grandparenting Tips &amp; Tricks - Young Children</b> Do you help care for a young child? Do you often wonder how you can be a better grandparent for yourself and your grandbaby? Join Occupational Therapists Lauren Knaupe and Kim Cassidy from Children's Therapy Services of Colorado to learn tips to safely care for young children, including proper body mechanics for lifting and transporting. In addition, the therapists will share easy to replicate tools and strategies to provide a fun learning environment that benefits their overall development. Questions to follow. Limited space available. 5:30 p.m. Wed. Mar 18 Free Deadline: Fri. Mar 13</p>
	<p><b>Flip Page for More Happenings</b> </p>

## March & April Happenings

### Movie: *8 Seconds*

Luke Perry stars in this biography of the late Lane Frost, a champion bull rider who in 1987 won a rodeo world championship at the tender age of 21. Lane is a young man from Oklahoma who learns to ride, hoping to win the approval of his emotionally distant father. He falls in love with Kelly Kyle (Cynthia Geary), a pretty barrel-race rider, and finds it hard to manage their relationship and bull riding. 1hr/45mins. PG-13.

5:30 p.m.

Wed. Mar 25

Free

Deadline: Mon. Mar 23

### Jammin' with Gayle

Our own Gayle Martinez makes some of the best jelly found on this planet and now you can learn how to make your own. Gayle will show you step-by-step how to turn your ingredients into jelly. You'll get to see firsthand how the process unfolds and, at the end of it, you'll have one jar of jelly to take home. Gayle will be making one type of jelly of her choosing.

5:30 p.m.

Wed. Apr 1

\$7

Deadline: Wed. Mar 25

### Movie: *The Peanut Butter Falcon*

An adventure story set in the world of a modern Mark Twain that begins when Zak, a young man with Down syndrome, runs away from a nursing home where he lives to chase his dream of becoming a professional wrestler and attending the wrestling school of the Salt Water Redneck. Through

circumstances beyond their control, Tyler, a small-time outlaw on the run, becomes Zak's unlikely coach and ally. This heartfelt comedy-drama will have you laughing and crying. This is one not to be missed! 1hr/40mins. PG-13.

5:30 p.m.

Wed. Apr 8

Free

Deadline: Mon. Apr 6

### Instant Yogurt & Granola

Do you have an Instant Pot and unsure how to use it? Are you interested in buying one? This class will teach you how to quickly make yogurt and fresh granola with your Instant Pot. Instructor Tammy Smith is extremely knowledgeable in cooking and will be happy to answer any questions. If you need help with your Instant Pot, you can bring it on the day of class.

5:30 - 7:30 p.m.

Wed. Apr 22

\$7

Deadline: Thurs. Apr 16

### Airbnb - What is It?

This app has revolutionized the way we travel. In this class, you'll learn how to sign up, use the app, and how to find accommodation that is perfect for you. The app offers rentals such as the entire house, apartment/condo, room in a house, and many more options. Learn how to save money by renting a vacation home rather than a hotel. Please bring with you a tablet, phone, or laptop.

5:30 p.m.

Wed. Apr 29

Free

Deadline: Mon. Apr 27

## Help for Homes Teams

Help for Homes brings volunteers and neighbors together to paint or fix up Brighton homes needing minor exterior repairs and perform general yard clean-up for senior and disabled homeowners. We are currently recruiting teams of volunteers to help. Teams may consist of 8 - 10 volunteers. Teams will help paint, repair, clean yards, or whatever else is slated for the homes selected. Your team can be from your church, neighborhood, club, or even your family! Don't have a team? We can also place individuals who want to work on a team.



Work day is Sat. May 2.

Interested?  
Contact Sue at  
303-655-2076



1150 Prairie Center Parkway Brighton, CO 80601

303-655-2075

[www.brightonco.gov](http://www.brightonco.gov)