May 2009

Acrylic Painting for Beginners (May 9-June 6—Skips Memorial Day Weekend, May 27-June 5, 10:00-11:30 a.m., ASU-Jonesboro, $30, Instructor: Dee Lindsey) Learn to paint with acrylic in a fun environment! This class is suitable for all ages. No experience necessary.

Spanish for Medical Professionals I (May 9-June 6, 12:00-1:00 p.m., ASU-Jonesboro, $50, Instructor: LuCie Murray) Get started! Learn to paint with acrylic in a fun environment and experiment with mixed media and creative techniques on paper and canvas boards. Learn the basics of color, composition, design, color mixing and an introduction to expand your technique with a variety of new ideas. Supplies furnished for the first class. After the first class, students should purchase their own acrylic paints, brushes. Adult to age 12 welcome. No experience necessary.

Aromatherapy Bath Blends (May 12, Tuesday, 4:00-5:30 p.m., ASU-Paragould, $30, Instructor: Dee Lindsey) Remember Mother's Day! Learn to make your own bath products with herbs and fresh ingredients for personal enjoyment or gift giving. You'll remember to thank yourself when bath time becomes a spa with the relaxing, soothing blends. Learn to make homemade recipes for muscle aches, tension and aromatic treatments. Take-home samples included.

Computing for Seniors (May 15-June 26, Friday, 10:00-11:30 A.M., Skips Memorial Day Weekend, Friday, 5/22/09, ASU-Paragould, $85, Instructor: Deanna Harris) Learn to use a personal computer as an important part of your life in easy steps. Large print book for easier reading is included with step-by-step instructions. Learn the basics of storing files, playing music on your computer, creating your own letterhead, using graphics, images and pictures, playing games, sending / receiving e-mail, shopping online, on-line banking and more. This is a great starter course for any computer novice. No experience necessary.

Growing an Herb Garden (May 19-June 20, Saturday, 1:00-2:00 p.m., Skips Memorial Day Weekend Saturday, 5/23/09, ASU-Jonesboro, May 5-June 9, Tuesday, 6:00-7:00 p.m., ASU-Paragould, $80, Instructor: Dee Lindsey) Discover the secrets of herb gardening from a master gardener. This show and tell course will teach you how to get started, how to design an herb bed, and provides 5 starter plants for your garden. You'll also learn about cooking with herbs, making crafts, teas and medicine! If you've always wanted an herb garden, this is the class for you. No experience required. Adult to age 12.

Hebrew, Level II, Translation & Word Development (May 26-June 30, Tuesday, 6:00-7:30 p.m, ASU-Jonesboro, $45, Instructor: Dr. Doug Wheeler) Hebrew II students will build on the skills learned in Hebrew I and begin to formulate interpretations through a Testament based on the ancient Hebrew roots. Grammar will be developed to assist the student in more advanced reading and understanding of Hebrew text in the Bible. Hebrew III available upon demand.

Making Mother's Day Bouquet (June 6, Saturday, 2:30-3:30 p.m., ASU-Jonesboro; May 8, Friday, 3:15-4:15 p.m., ASU-Paragould, $15, Instructor: Dee Lindsey) Mother's Day! Relax and enjoy a relaxing, fragrance-filled, flower arranging class. Learn to design your own Mother's Day gift! Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh herbal properties can be incorporated into your personal health regimen. Bring a towel and makeup remover or come make-up free for best results. Recipes provided. Age 12-Adult.

Basket Weaving for Beginners (June 8-July 12, Tuesday, 6:00-7:00 p.m., ASU-Jonesboro, $45, Instructor: Deanna Harris) Learn the ancient art of basket weaving. This workshop guides participants every step of the way to weave a basket for personal use or gift giving. Tool set is yours to keep! 12 years-Adult. Registration deadline: May 20, to order supplies.

Basket Weaving for Beginners (June 9-July 14, Tuesday, 5:00-6:00 p.m., ASU-Jonesboro, $60, Instructor: John F. Michael) Beginners of all ages will enjoy learning the basics of basket weaving and the object of the game, basic tactics and strategy and how to use chess notation and chess clocks common in typical tournaments.

Basket Weaving for Beginners I (June 14-July 19, Thursday, 6:00-8:00 p.m., ASU-Paragould, $105, Instructor: Karole Risker) Build on your photography basics and master techniques and special problems that make your photos look like the pros. Special field assignments grow your skills. This class builds on Digital Photography I.

Dream Pillows (June 20, Saturday, 2:30-4:30, ASU-Jonesboro, $20, Instructor: Dee Lindsey) Learn how to make these classic herbal sachets that release aromatherapy while you sleep. Dream pillows are low-cost, easy to make. Makes a great gift or craft party idea. Age 12-Adult. Sweet dreams! Instruction sheet provided.

Green Living: Highway to Natural Health (June 2-July 7, Tuesday, 6:00-7:30 p.m., ASU-Jonesboro, $50, Instructor: Amanda Yates) Learn to live a naturally healthy lifestyle with friendly foods, natural remedies, herbs, green cleaning, organic cosmetics and other alternative household green products. Find out what you need to know to organize a natural first aid cabinet, what herbology, homeopathic medicine and essential oils are all...
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about, how to understand product labels and how foods affect moods, behaviors and more. If you want a more healthy lifestyle, this class is for you!

Organic Skin Care: Making Herbal Cosmetics (June 6, Saturday, 3:00-5:00 p.m., ASU-Jonesboro; $30, Instructor: Dee Lindsey) Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh herbal properties can be incorporated into your health regimen. Bring a towel and makeup remover or come make-up free for best results. Recipes provided. Age 12-Adult.

Aromatherapy Bath Blends (August 1, Saturday, 1:00-4:00 p.m., ASU-Jonesboro, $35, Instructor: Karole Risker) Young eyes view the planet differently on this photo field trip and capture fun pics while learning the basics. No fancy camera needed for this class; bring what you have! Snacks included. Limited enrollment.

New Workshops

Acrylic Painting for Kids, Ages 10-14 (July 25, Saturday, 1:00-5:00 p.m., ASU-Jonesboro, $40, Instructor: Luci Murray) Encourage your child’s creativity in this half-day workshop that guides students through an introduction to the color wheel, mixing colors, shading and tinting to produce custom colors. Students produce art projects using mixed media and creative techniques on paper and canvas board. Supplies and snacks are included. Bring paint-friendly clothes.

Mixed Media Art, Ages 10-14 (July 28, Saturday, 1:30-3:30 p.m., ASU-Jonesboro, $30, Instructor: Dee Lindsey) Learn to use a personal computer in fun, easy steps that cover the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger Internet Safety! Step-by-step, hands-on instructions help this and learn the sagas, and provided, and students take home Internet Safety Rules. No experience necessary. Limited seating.

Dream Pillows (July 28, Saturday, 3:00-5:00 p.m., ASU-Jonesboro, $20, Instructor: Dee Lindsey) Learn how to use a personal computer in fun, easy steps that cover the basics of e-mail, music, surfing the net, word processing and printing, games, painting and Danger-Stranger Internet Safety! Step-by-step, hands-on instructions make this a great starter course or a fun summer workshop! Snacks are provided, and students take home Internet Safety Rules. No experience necessary. Limited enrollment.

Making Herbal Teas (Saturday, August 8, 1:30-2:30 p.m., ASU-Jonesboro, $15, Instructor: Dee Lindsey) Relax and enjoy a refreshing and relaxing taste-tested experience of brewed herbal teas. Learn about the different properties of herbs, how to brew your own custom beverages, and take a bag of herbs home with recipes to brew your own. Age 12-Adults.

Dream Pillows (August 1, Saturday, 1:30-3:30 p.m., ASU-Jonesboro, $30, Instructor: Dee Lindsey) Learn to live a naturally healthy lifestyle with friendly foods, natural remedies, herbs, green cleaning, organic cosmetics and other alternative household green products. Find out what you need to know to organize a natural first aid cabinet, what herbology, homeopathic medicine and essential oils are all about, how to understand product labels and how foods affect moods, behaviors and more. If you want a more healthy lifestyle, this class is for you!

Digital Photography, Ages 10-14 (August 7, Friday, 1:00-4:30 p.m., ASU-Jonesboro, $30, Instructor: Dee Lindsey) Learn to make your own classic herbal sachets that release aromatherapy while you sleep. Dream pillows support relaxation to help you fall asleep. Makes a great gift or craft party idea. Age 12-Adult. Sweet dreams! Instruction sheet provided.

Making Herbal Teas (August 8, Saturday, 1:30-2:30 p.m., ASU-Jonesboro, $15, Instructor: Dee Lindsey) Relax and enjoy a refreshing and relaxing taste-tested experience of brewed herbal teas. Learn about the different properties of herbs, how to brew your own custom beverages, and take a bag of herbs home with recipes to brew your own. Age 12-Adults.

Problem Solving for Kids, Ages 10-14 (Saturday, August 8, 1:00-2:00 p.m., ASU-Jonesboro, $30, Instructor: Dee Lindsey) Learn to make your own natural cosmetics with herbs and treat yourself to refreshing, organic skin care. Make and sample products in class and experience how ingredients containing fresh herbal properties can be incorporated into your health regimen. Bring a towel and makeup remover or come make-up free for best results. Recipes provided. Age 12-Adult.

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Green Living: Highway to Natural Health (August 25-September 29, Monday, 6:15-7:15 p.m., ASU-Jonesboro, $30, Instructor: Amanda Yates) Learn to live a naturally healthy lifestyle with friendly foods, natural remedies, herbs, green cleaning, organic cosmetics and other alternative household green products. Find out what you need to know to organize a natural first aid cabinet, what herbology, homeopathic medicine and essential oils are all about, how to understand product labels and how foods affect moods, behaviors and more. If you want a more healthy lifestyle, this class is for you!