



Community Education classes at Laney

Spring 2014 (April 17th to May 29th)

mce
Adult Enrichment
A program of Minneapolis Community Education



Register online at www.mplscommunityed.com or call 612.668.1922 for more information. Free on-site childcare will be available — call 612.668.2223 for details.

Health & Wellness

Massage for Couples: Heart to Hands - Nurturing Massage

You are massaging the shoulders of someone you care for and you can feel the tension melting away under your hands. As you breathe deep you feel your confidence grow by the minute. Accepting guidance from the experienced workshop leader, you are finding a new connection with your nurturing capabilities. When your turn to receive comes, you have a new-found trust in yourself and the person massaging your shoulders. And, your shoulders become happier by the minute. Bring your loved one and discover a new way to show your tenderness. Only one person of the couple should register but both should come to class.

Laney 2 Thursdays starting April 24 from 6:30-8:30 pm Cost: \$36/Couple

Massage: Self-Massage for Stress Reduction

Everyone experiences tension, that nagging pain that just shows up. You will learn how to skillfully relieve the pain and tension in your shoulders and arms. By the end of the class you will be smiling with new skills and relaxation.

Laney Thursday, May 8 from 6:30-8:30 pm Cost: \$18

Hobby & Leisure

The Bicycle: Your Ticket to Fitness and Freedom

The bicycle offers you a range of options from recreational riding on a sunny summer day to carrying groceries home on most any day of the year. We will discuss ways to bicycle with the maximum comfort and safety, preparing for the elements, resiliently adapting to the weather and streets. Using your self-renewing power, free maps, and web-based resources you will experience a new level of freedom this summer. Be sure to bring your bicycle to class.

Laney Thursday, May 15 from 6:30-8:30 pm Cost: \$18

Garden

Free Fertilizer for your Thriving Garden

Working with nature, you can turn ordinary household waste into nourishment for your beautiful plants. We will cover the several methods of composting, reusing water, mulching, and creative approaches to have a healthy thriving garden.

Laney Thursday, May 29 from 6:30-8:30 pm Cost: \$18

Getting Started with Vegetable Gardening

Learn about basic vegetable gardening because growing fruits and vegetables at home is always a good idea, whether you are trying to improve your diet, cook gourmet meals, reduce grocery bills, or are looking for a fun family activity. We'll discuss choosing a proper garden site, improving soil quality, choosing varieties of plants, and where to buy them.

Laney Thursday, May 8 from 6:30-8:00 pm Cost: Free



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Academics

Writing Whirl

Add shape and flair to your writing in four sessions with exercises (exercise is good for you!) in language rhythms, audience identification, rewrites and edits, and precise language choice. Enhance your abilities in writing story, memoir or blog.

Laney 4 Thursdays starting May 8 from 6:30-8:30 pm Cost: \$34

Adults 55+

Health Care for Seniors

Are you or a loved one turning 65? Already there? How do the government programs work? What are parts A, B, C and D? What gets covered and what doesn't, when to sign up and what does it mean to you? Long term care, nursing homes, the government spend down and the Partnership Act will also be discussed. There will be discussion about how the new Affordable Health Care for America Act affects seniors. Get information and the resources needed to help you make your decisions.

Laney Thursday, May 8 from 6:00-7:30 pm Cost: Free

Consumer & Business

Social Security: Understanding It

Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? Learn about: FRA=Full Retirement Age; File & Suspend; Spousal Benefits; gain insight as to when might be the best time for you to take your benefit, and more.

Laney Thursday, May 1 from 6:00-7:30 pm Cost: Free

Real Estate

An Essential Guide to Buying Your Home

Home values are on the rise, want to get the best deal on your home? Not sure what direction to go first? After taking this class you will know how to get the best financing, access government grants, and obtain first time buyer programs. Learn how to avoid the lemons and save thousands. Avoid the three mistakes most people make when buying a home. Instructor will walk you through step by step the best process for going about maximizing your money and having the lifestyle you want.

Laney Thursday, May 15 from 6:30-9:00 pm Cost: \$21

Family

Help Your Child Do Better in School

When children struggle at school, parents want to be helpful, but often don't know how to be effective with the time they have. Come learn many simple and easy "try this at home" strategies to try this summer to help your child do better in school now and this fall. Parents often turn to tutors, at great expense, to do something they could do with just a little training. You will leave at the end of the fourth session confident that you will help your child do better in school! Class is free but you must register.

Laney 4 Thursdays starting May 1 from 7:00-8:30 pm Cost: Free