

ADULT ACTIVITIES

Hyland Hills Park and Recreation District — 303-428-7488 — www.hylandhills.org



COOKING

FLORA'S PORK GREEN CHILI #244101

Popular class—best chile west of the Mississippi. Empanadas are filled with sweet spicy meat and nuts.

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Jan 25	M	6pm-8pm	PMC

ENCHILADAS #244101

Make 3 kinds, rolled with cheese and onion, hay stack filled with fresh vegetables.

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Feb 8	M	6pm-8pm	PMC

STUFFED CHILI RELLENOS #244101

Cheese filled and egg battered fried, looks hard, so easy to do!

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Feb 22	M	6pm-8pm	PMC

HOMEMADE TAMALES #244101

Pork in red chile sauce wrapped in a cornhusk that has been spread with Masa dough. Take home a dozen tamales.

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident

Date	Day	Time	Loc
Mar 30	T	9:30am-11:30am	PMC
Apr 26	M	6pm-8pm	PMC

BAKING & JELLY, JAM CLASSES #244101

There are a million reasons to bake. Great tips and recipes will be given. You won't want to miss these classes!

Ages: 18 and up

Fee: \$10 Resident, \$12 Non-Resident (per class)

Time: 6:30pm-8:30pm

Loc: MAC

Schedule:

Dec 16 – Pumpkin and Pecan Pie – cancelled

Jan 13 – Cherry Pie

Jan 20 – Peanut Butter and Sugar Cookie

Jan 27 – Holiday Sugar Cookie Decorating

Feb 3 – Chocolate/Banana Cream

Feb 10 – Oatmeal Cookie “So Good For Your Heart”

Feb 17 – Chocolate Cake

Feb 24 – Cinnamon Rolls

Mar 3 – Lemon Meringue Pie

Mar 10 – The Ultimate Chocolate Chip Cookie

Mar 17 – Homemade Jelly

Mar 24 – Homemade Jams and Preserves

GENERAL INTEREST

OIL PAINTING #244404

Join us in painting a completed canvas in every class. You can do this painting class, even if you have never painted before. Please bring a role of soft paper towels. All other supplies are provided by the instructor.

Ages: 12 and up

Fee: \$45 Resident, \$50 Non-Resident

Date	Day	Time	Loc
Jan 9	SA	9am-1pm	PMC
Feb 13	SA	9am-1pm	PMC
Mar 13	SA	9am-1pm	PMC
Apr 10	SA	9am-1pm	PMC

CERAMICS

A fun class for the beginner, intermediate, or advanced student.

Ages: 18 and up

Fee: Drop-in Fee \$5

Date	Day	Time	Loc
Jan 13-Jan 27	W	12:30pm-2:30pm	PMC
Feb 3-Feb 24	W	12:30pm-2:30pm	PMC
Mar 3-Mar 24	W	12:30pm-2:30pm	PMC
Mar 31-Apr 28	W	12:30pm-2:30pm	PMC

JEWELRY 101 #244501

Learn to craft a unique pair of earrings! Absolutely no previous jewelry making experience is required.

Ages: 18 and up

Fee: \$15 Resident, \$20 Non-Resident

Date	Day	Time	Loc
Feb 1	M	6pm-8pm	MAC

HERBAL SOAP-MAKING WORKSHOP #244502

Learn how to make recipes for your skin type and needs.

Ages: 18 and up

Fee: \$20 , \$15 materials fee payable in class

Date	Day	Time	Loc
Feb 1 and 8	M	6:30pm-8pm	MAC

PRINT YOUR OWN GREETING CARDS #244504

Create your own personalized greeting cards by using a variety of stencils and basic printmaking techniques.

Create three beautiful designs on nine cards for friends and loved ones.

Ages: 18 and up

Fee: \$15 Resident, \$20 Non-Resident

Date	Day	Time	Loc
Mar 8	M	6:30-8pm	MAC

BASIC BRIDGE #244606

Designed for new players. This course introduces bidding, playing the hand, basic tactics, and is a combination of instruction and game play.

Ages: 18 and up

Fee: \$30 Resident, \$35 Non-Resident

Date	Day	Time	Loc
Feb 22-Mar 15	M	6pm-8pm	MAC

WINTER/SPRING 2010



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POOL BASICS #244606

Any man or woman who wants to learn the basics of pool in a fun and non-intimidating environment will enjoy this class.

Ages: 18 and up

Fee: \$30 Resident, \$35 Non-Resident

Date	Day	Time	Loc
Mar 22-Apr 12	M	6:30-8pm	MAC

ACTING 101 — BE A STAR! #244503

This workshop is for those with no acting experience, as well as those who haven't been on stage in some time. Learn how to bring a character to life and work on scenes and monologues.

Ages: 18 and up

Fee: \$125 (2 payments: \$65 at time of registration and \$60 due Feb 20)

Date	Day	Time	Loc
Jan 23-Mar 27	SA	10am-12pm	PMC

BASIC DOG OBEDIENCE #264106

Learn to train your dog and have fun. Skills taught include heel, sit and stay, down and stay, stand and stay, automatic sit, on-leash recall and finish, attention, bite inhibition and tricks. Dogs must have their shots and have a well fitted collar with a 6-foot leather or nylon leash. Please, no chain leashes. Do not bring your dog to the first class. Dogs must be 3 months and older.

Ages: 18 and up

Fee: \$45 Resident, \$50 Non-Resident

Date	Day	Time	Loc
Jan 11-Feb 15	M	7:15pm-8:15pm	PMC
Mar 1-Apr 5	M	7:15pm-8:15pm	PMC

CPR AND FIRST AID #244700

CPR (Cardio Pulmonary Resuscitation) and First Aid Courses are programs designed to train individuals to respond in an emergency situation. This certification is through the American Heart Association.

Ages: 16 and up

Fee: \$45

Date	Day	Time	Loc
Jan 18 and Jan 25	M	6pm-8pm	PMC
Apr 5 and Apr 12	M	6pm-8pm	PMC

VOICES SPANISH CLASSES

For more information please call 720-542-5357

COUPLE CONNECTIONS

Come learn how to live well, love well and marry well as we explore strategies to spice up your love life and create a relationship that is dynamic and satisfying! This free workshop is for those who are committed, engaged, married or long time lovers who want to enhance what they already have! This program is funded through a federal grant program, the Marry Well Organization. This is an 8-hour class. For more information call 720-488-8888 or visit www.marry-well.org.

Ages: 18 and up

Fee: \$15 single, \$25 couple

Date	Day	Time	Loc
Jan 16	SA	9am-3pm	PMC
Mar 3, 10, 17, 24	W	6:15pm-8:15pm	PMC

CREATE YOUR OWN WILL

A great way to get a tough job done in one easy class. Licensed attorney, Steven M. Dye, will help you complete a Last Will and Testament, Financial and Medical Power of Attorney, Living Will and Organ Donation Request. Includes: Witnessing, notary, review and time for questions. All you need to bring is your driver's license and names of beneficiaries! Please call 303 678-7358 to register.

Fee: \$99

Date	Day	Time	Loc
Dec 16	W	6pm-8pm	PMC
Jan 20	W	6pm-8pm	PMC
Feb 17	W	6pm-8pm	PMC
Mar 17	W	6pm-8pm	PMC
Apr 21	W	6pm-8pm	PMC

FLY FISHING FOR FUN #244600

A beginning class for men and women.

Ages: 18 and up

Fee: \$28 Resident, \$33 Non-Resident

Date	Day	Time	Loc
Mar 21	SU	2pm-5pm	PMC

FIRST FRIDAY ART WALKS #244601

Come experience the art and the flavor of the Highlands District (Tennyson St.) and Downtown (Sante Fe Art District). Bring your walking shoes and extra money to buy a beverage or an appetizer.

Ages: 18 and up

Fee: \$5 Resident, \$10 Non-Resident

Date	Day	Time	Loc
Apr 2	F	6pm-8pm	PMC
May 7	F	6pm-8pm	PMC

CANINE MASSAGE #244602

Reduce stress and relax your pup. You are invited to bring your dog to class. Techniques are for recreational purposes only and not for professional use.

Ages: 18 and up

Fee: \$20

Date	Day	Time	Loc
Mar 6	SA	10am-1pm	PMC

CAR MAINTENANCE #244603

In this course we will cover the very basics of car maintenance.

Ages: 18 and up

Fee: \$25

Date	Day	Time	Loc
Apr 3	SA	10am-12pm	TBA

FLORAL DESIGN #244604

Learn basic techniques. Emphasis will be on creativity.

Ages: 18 and up

Fee: \$15

Date	Day	Time	Loc
Feb 8	M	6pm-8pm	MAC

PIANO LESSONS

Refer to page 20

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BICYCLE REPAIR #244605

This hands-on class provides you with basic skills and knowledge for proper bike fit and repairs.

Ages: 18 and up

Fee: \$15 Resident, \$20 Non-Resident

Date	Day	Time	Loc
Feb 10	W	6pm-8pm	CP

TEA AND SCONES #244608

Enjoy a freshly brewed cup of tea and a hot, delicious scone with jam and cream. The history of tea, tea decor, how to brew a proper pot of tea and much more will be presented. There is an optional \$10 fee for Nancy's recipe book. Tea accessories will be available for sale.

Ages: 10 and up

Fee: \$12 Resident, \$14 Non-Resident

Date	Day	Time	Loc
Jan 23	SA	12:45pm-2:45pm	PMC
Feb 27	SA	12:45pm-2:45pm	PMC
Mar 13	SA	12:45pm-2:45pm	PMC
Apr 10	SA	12:45pm-2:45pm	PMC

FLY CHEAP, STAY CHEAP, TRAVEL CHEAP

#244609

Find the lowest fares, alternative cruises for less, frequent flyer tickets for less than \$1, stay for free around the world, these and many other internet bargains are all here in this exciting class. There is an optional materials fee of \$10 for the Fly Cheap book.

Ages: 18 and up

Fee: \$12 Resident, \$14 Non-Resident

Date	Day	Time	Loc
Jan 27	W	1pm-3pm	PMC
Mar 17	W	1pm-3pm	PMC

BUNKO #244607

Play Bunko (really fun dice game) and have fun while making new friends. Please bring an appetizer or a dessert to share.

Ages: 18 and up

Fee: \$1

Date	Day	Time	Loc
Jan 6-Jan 27	W	1pm-2:45pm	PMC
Feb 3-Feb 24	W	1pm-2:45pm	PMC

OPEN SESSION LIFE DRAWING—FINE ART

#244710

This course is open to those who want to keep their drawing skills honed and those with little or no experience. Models will be present at each class holding a variety of poses for various lengths. Your facilitator is an experienced instructor with a knowledge of anatomy and drawing and will be available for consultation as requested. Instruction will be available but if you just want a model, a place to draw and a block of time without interruptions, you are also welcome. Bring the materials of your choice. Your instructor will offer a general supply list to meet your needs. Large-scale drawings will be accommodated as needed. No oil paints or media with vapors.

Ages: 18 and up

Fee: \$125

Date	Day	Time	Loc
Jan 11-Mar 15	M	6pm-8pm	MAC

BROADWAY PRESENTS

No seating arrangements guaranteed. Please call 303-428-7488 to register for any of the theater events. No money is needed at this time. Transportation included.

Ages: 18 and up

Fee: \$28 Resident, \$33 Non-Resident

Time: 6:30pm (pick up at PMC)

Loc: Temple Buell Theater

Dec 15 – Little House on the Prairie, the Musical

Jan 13 – Cats

Feb 3 – Legally Blonde

Mar 7 – Mary Poppins

Apr 28 – In the Heights

ASSISTANCE PROGRAMS

CLASSES OFFERED THROUGH COLORADO

LEGAL SERVICES

Colorado Legal Services is pleased to offer community education talks on a number of legal topics affecting the lives of our residents. The talks allow time for questions and individual assistance.

HOME HEALTH CARE #244720

Ages: 18 and up

Fee: Free

Date	Day	Time	Loc
Jan 28	TH	9:15am-10:15am	PMC

FORECLOSURE PREVENTION #244720

Ages: 18 and up

Fee: Free

Date	Day	Time	Loc
Feb 8	M	6:15pm-7:15pm	PMC

GRANDPARENTS RIGHTS #244720

Ages: 18 and up

Fee: Free

Date	Day	Time	Loc
Mar 2	T	9:15am-10:15am	PMC

SPORTING EVENTS

NUGGETS GAME #262000

Dallas Mavericks: Feb 9, dinner on your own.
Oklahoma City Thunder: Mar 3, meal voucher included.
Fee includes tickets, escort and transportation.

Ages: 18 and up

Fee: \$30 Resident, \$36 Non-Resident

Date and Day	Time	Loc
Feb 9 (T) or Mar 3 (W)	6:15pm	PMC

COLORADO AVALANCHE #262000

Minnesota Wild: Jan 28; St. Louis Blues: Mar 6. Seats are in the lower corner balcony. Dinner is on your own.
Fee includes ticket, parking, escort and transportation.

Ages: 18 and up

Fee: \$38 Resident, \$46 Non-Resident

Date and Day	Time	Loc
Jan 28 (TH) or Mar 6 (SA)	6:15pm	PMC



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