

# Waupaca Spring Extravaganza Classes • Spring 2018

Saturday, April 7, 2018 • 8 a.m.-5 p.m.

FVTC Waupaca Regional Center • 1979 Godfrey Drive, Waupaca

## 8 a.m.

### **Bicycle Maintenance & Repair**

Learn proper maintenance and repair of a bicycle including tire/tube changing, chain evaluation, cleaning and lubrication, and basic adjustments. Materials needed: safety glasses, bicycle (NO TRICK BIKES), basic tool kit (combination wrenches, hammer, screwdrivers, pliers/vise grip and Allen wrenches). Family-friendly age 14+ with adult; \$4 material fee payable to instructor.

8-11:55 a.m. • *Instructor: Doug Wilke*

### **Cherokee Wheel Basket**

Learn the basics of basketry from material preparation to finishing, and go home with a handmade Cherokee wheel basket. Base of basket is wooden 7" round. Fees include basket kit, 4-hour instruction and use of instructor tools. Please bring an old hand towel. Family-friendly age 8+ with adult; beginners welcome. \$25 material fee payable to instructor.

8-11:55 a.m. • *Instructor: Barbara Johnson*

### **Needle Felting for Home Décor**

Learn the basics of needle felting which uses a handheld barbed needle tool, a foam base and felted wool. A decorative pin will be made and can be used on a purse, a hat or to embellish clothing. Bring scissors, T-pins, cutting mat and seam ripper if you have them. \$20 material fee payable to instructor includes selection of wool squares, roving, yarn, locs, foam block, mounting block, bead rug, beads and needles mounting pins, wash away stabilizer, embroidery floss and needle, two pin backs—one mounted and three felting needles.

8-11:55 a.m. • *Instructor: Jane Carney*

### **Sand Sculpture Succulent Garden**

Use succulent plants and colored sand to sculpt a one-of-a-kind garden container. Instructor will provide all supplies. \$20 material fee payable to instructor.

8-9:55 a.m. • *Instructor: Roxanne Rusch-Olesen*

## 9 a.m.

### **Tai Chi**

Tai Chi is a relaxation exercise involving slow, fluid movements intended to help lower blood pressure and improve stamina, balance and sleep. It has also been shown to aid in the delay of Alzheimer's and dementia due to the concentration factor in learning the movements and the sequence of them. No equipment is necessary for this class. Family-friendly 10+.

9-10:30 a.m. • *Instructor: Sue Wunderich*

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## 10 a.m.

### **Creating a Butterfly Garden**

Learn about butterflies and the process to create a beautiful garden habitat to attract them.

*10-11:55 a.m. • Instructor: Roxanne Rusch-Olesen*

### **Grillin' 101**

Step into spring by learning grilling tips, tricks and basics, how to use indirect heat and direct heat, times and temps to make your grill sizzle and leave your guests wondering how you did it. Brandon will demonstrate different cooking techniques that can be used on gas and charcoal grills. Sample all the unique items. Family-friendly 12+ with adult; \$6 material fee payable to instructor.

*10-11:55 a.m. • Instructor: Brandon Kreger*

### **Intro to iPad & iPhone Basics**

Learn email setup, sending and receiving, how to search and download applications; to use iCloud to link photos, notes, and apps to their online account; to use iTunes to link apps and save information on their device to their computer and discover who Siri is and why she is needed. Bring devices and a pen. You are welcome to come if you don't have an iPad or iPhone to find out how easily they can be operated. Family-friendly 8+ with adult.

*10-11:55 a.m. • Instructor: Forrest Peters*

### **Stand Up, Speak Up and Know When to Sit Down - Brush Up on Your Communication Skills**

This course will focus on making our communication skills better, including how to create better presentations and how to handle nerves. We will discuss our nonverbal communication skills and listening skills, all to increase our skills and to help us to communicate more effectively.

*10-11:55 a.m. • Instructor: Charles "Chip" Manthey*

## 11 a.m.

### **Strong Senior**

This is a gentle strength-training and muscle-building program for older adults. It also improves balance and helps with upper body strength as well. If you have hand weights, please bring them, and be sure to wear comfortable clothing.

*11 a.m.-12:30 p.m. • Instructor: Sue Wunderich*

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**1 p.m.**

## **Basics of Photography**

Improve your photos with basics! Learn about composition, depth of field and lighting. Bring cameras. No iPhones, smartphones or tablets please. Family-friendly age 14+.

*1-2:55 p.m. • Instructor: Charles "Chip" Manthey*

## **Beginning Vegetable Gardening 101**

Learn the basics about gardening in any space. How do we get started, what plants and the conditions they need. Types of containers or space to plant, soils, taking a sample and how to amend the soil, other containers and watering.

*1-2:55 p.m. • Instructor: Jim Beard*

## **iPad & iPhone: What Else Can This Do?**

Learn how to take beautiful pictures and videos with your device. Watch or listen to free content using podcasts, get books and news articles to read. (Hint: sometimes they're free!) Also find driving, biking and walking directions to anywhere. Bring your questions! We'll dig deeper. Family-friendly age 8+ with adult. Bring devices and a pen.

*1-2:55 p.m. • Instructor: Forrest Peters*

## **Getting Published**

Learn how to find a literary agent, write your query letter, and determine your genre and age group. Find out the pros and cons of self-publishing. Register by March 5 and you may email Rick a short story or first chapter of a novel (up to 10 pages) to get a critique of your work before the class (rgwintersiii@yahoo.com). Family-friendly age 10+.

*1-2:55 p.m. • Instructor: Richard Sweitzer (WDUX Radio's Rick Winters)*

## **Just Dance**

Join Cricket, Waupaca Regional Center staff member, who competed professionally in dance contests. Have fun while she teaches you freestyle dancing. You will be able to dance to any new music or old favorites with or without a partner. Family-friendly age 10+.

*1-2:55 p.m. • Instructor: Sharon Kendrick*

## **Lawn Mower & Outdoor Machine Maintenance**

Learn how to maintain small engines such as lawn mowers, tillers and chainsaws. Gain hands-on experience with troubleshooting and maintaining engines. Materials needed: safety glasses, outdoor power equipment of your choice (please, no riding equipment), basic tool kit (combination wrenches, hammer, screwdrivers and pliers). Family-friendly age 14+ with adult; \$4 material fee payable to instructor.

*1-4:55 p.m. • Instructor: Doug Wilke*

## **Market Basket**

Learn basic basketry techniques while weaving your own market basket. The market basket has an open weave bottom. The finished basket will measure 10x12 inches. Learn the basics of basketry from material preparation to finishing, and go home with a handmade market basket. Please bring an old hand towel. Family-friendly age 8+ with adult; beginners welcome. \$25 materials fee payable to instructor.

*1-4:55 p.m. • Instructor: Barbara Johnson*

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## **Painting on Glass**

Learn techniques to create a double-sided glass painting. Painting maybe hung on a wall, a window, a door or as a divider. Bring an idea of what you would like to create. \$20 material fee payable to the instructor includes glass in a double-sided frame, acrylic non-toxic paints, fixative, brushes, paint dish and cup, paint rag and sponge.

*1-4:55 p.m. • Instructor: Jane Carney*

## **Ukrainian Egg Decorating**

Come and learn how to make a Ukrainian Egg called a "Pysanky." This ancient art form involves a wax resist process using real (raw) eggs, beeswax and dyes. Ukrainian Eggs are rich in symbolism and are created to celebrate spring and ensure good fortune. Family-friendly 12+; younger children are welcome with an adult. \$5 material fee payable to instructor.

*1-3:55p.m. • Instructor: Peggy Foote*

## **3 p.m.**

### **Androids**

Learn about the best free Android apps, including timesaving apps, games and special interest/hobby apps. Learn how to download, delete and uninstall apps. Students must have a Google Play store account to participate fully with the class. Bring your device, charger and a pen. Open to all individuals with an Android smartphone. Family-friendly age 10+ with adult.

*3-4:55 p.m. • Instructor: Forrest Peters*

### **How to Grow & Gift Herbs**

Gain ideas to start or expand your herb garden, and learn about the 10 best and 10 most underused herbs to grow in containers, indoors year-round or outdoors. We'll explore cooking herbs to add zest and flavor, and try a few herb infused sweet treats and teas. We'll be making some green gifts, herb gift card and an herb-inspired garden art piece. \$5 material fee payable to instructor.

*3-4:55 p.m. • Instructor: Marilyn Herman*

### **Just Dance**

Join Cricket, Waupaca Regional Center staff member, who competed professionally in dance contests. Have fun while she teaches you freestyle dancing. You will be able to dance to any new music or old favorites with or without a partner. Family-friendly age 10+.

*3:30-4:55 p.m. • Instructor: Sharon Kendrick*

### **Organic Gardening with the Expert**

Retired FVTC horticulture instructor Jim Beard will provide organic gardening tips on spring planting, composting, compost tea, worm castings, raised beds and much more. Bring your gardening questions. Family-friendly age 8+ with adult.

*3-4:55 p.m. • Instructor: Jim Beard*

### **Photo Elements: Changing Your Pictures**

Learn functions of your digital camera and simple editing with programs like Photoshop basics. Bring several photos to work with on a jump drive. Family-friendly age 14+.

*3-4:55 p.m. • Instructor: Charles "Chip" Manthey*