

CRN	Course Name	Instructor Name	Course Description	Day	Time
1098	Desperados, Outlaws, and Shysters of Western Fremont County	Betsy Denney	This class looks at the rough and tumble times in the Cotopaxi area. We will look into the lives of some of the people that settled in the area and what they did to survive. We may even meet a few well-known characters along the way.	Monday	9:00 - 10:15 AM
1153	Natural Solutions for Home, Health, & Garden	Jeanne Schmidt	Work smarter, not harder. Simple, money saving solutions for natural cleaning and personal care, health and gardening tips. Bring pen and paper. Some natural products will be available to purchase at the end of class.	Monday	9:00 - 10:15 AM
1124	Paper Crafting	Jane LeDoux Arlene Slaichert	Make a paper craft gift for yourself or a loved one. You will choose from many quotations (nuggets of wisdom) to mount on decorative paper. Bring a pair of scissors. Class is limited to 12 participants.	Monday	9:00 - 10:15 AM
1190	Photography – Cameras and Phones	Mel Williamson	We will cover how to best use your equipment to capture your images. We will also discuss some of the Apps available.	Monday	9:00 - 10:15 AM
1083	South African Adventures	Mike Banker	This is a photo documentary, through the countries of Zimbabwe, Zambia, Botswana, and South Africa including Victoria Falls.	Monday	9:00 - 10:15 AM
1106	Timeline: Lincoln Park/Cotter Superfund Site	Jeri Fry	An informational chronical of the 39-year old Lincoln Park/Cotter Superfund site which is up hill, up wind and over the fence from Canon City. This class is part of a series on the local Superfund site (Cotter Uranium Mill) which includes: 1) Radiation and Personal Health, 2) Environmental Concerns? Making Your Voice Heard, 3) Lincoln Park Tour. These can be taken separately or together as a group. Class is limited to 25 participants.	Monday	9:00 - 10:15 AM
1171	Art Dream Journaling	Joanne Suther	We will explore a variety of questions and page templates to design a visual representation and record of a dream. We will use magazine images to create a transfer, add texture, pattern, and color as we discover that drawing is not the only way to illustrate the essence of a dream. Bring your favorite drawing materials (colored pencils, scissors, glue sticks, etc...) if you have them	Monday	9:00 - 11:45 AM

			<p>Class is limited to 10 participants.</p> <p>There is a \$5 fee for supplies. Fee is payable to the instructor.</p>		
1131	Communicating with LGBTQ+ Youth in Their Own Language	Mary-Ellen Maynard	LGBTQ+ Cultural Fluency Training (a.k.a. Safe Zone) provides participants with the fundamentals of awareness, language, and experience on the best practices to support LGBTQ+ people and their allies. Participants will define common LGBTQ+ terminology, learn the importance of inclusive language, and participate in activities that offer experience in minimizing conflict and harm.	Monday	9:00 - 11:45 AM
1112	Edible and Medicinal Plants of Colorado Part 1	Jo Haugland	<p>Class 1 – Slide presentation discusses 51 plants found in Colorado, from an ethnobotanical standpoint. The plants and their uses by native Americans and early settlers are discussed as well as modern uses of some plants on pharmaceuticals and wildcrafting. Appropriate collection methods and toxins and poisonings are discussed.</p> <p>Part 2 continues on Tuesday</p>	Monday	9:00 - 11:45 AM
1097	How to Make Dry Embossing and Fancy Fold Greeting Cards	Dee Davis, Lea Darnell	<p>Learn how to make greeting cards using a dry embossing technique and ink. Also learn how to make fancy fold greeting cards. Wow your family and friends.</p> <p>Class is limited to 12 participants.</p> <p>There is a \$10 fee for supplies (2 cards) for both classes. Fee is payable to the instructor.</p>	Monday	9:00 - 11:45 AM
1195	Amateur Radio	Bob Burkett	What amateur radio is and how it can benefit you and your kids.	Monday	10:30 – 11:45 AM
1109	Project Management Lite	Michael Gromowski	<p>We all run projects. Do you want them to be successful? Sample projects include adding a shed, redecorating a room, buying a vehicle, sewing a dress, planning and/or taking a trip, etc. This class describes how people can successfully run those projects with minimal stress and get the intended outcome. Whether your projects are small or large in scale, this class describes the activities needed to ensure success.</p> <p>Current Table of Contents</p> <ol style="list-style-type: none"> 1. What is a project? 	Monday	10:30 – 11:45 AM

			<ol style="list-style-type: none"> 2. Know the existing situations 3. Determine available resources 4. Research intended outcome(s) 5. Document requirements 6. Define “done” 7. Planning the tasks 8. Estimating the resources required 9. Determine the timeline 10. Optional – prototype the steps 11. Review and modify the plan 12. Execute the plan 13. Adjust the plan 14. Know when you are done 15. Your discussion Topics <p>Short Bio:</p> <p>Mike has been an Information Technology professional for over four decades. He has focused his career on development of software applications and managing projects that solve mission critical business needs. He has a broad base of industry expertise including insurance, financial services, health care, manufacturing, and business intelligence (aka “Big Data”). He is highly regarded for his expertise in virtually every role associated with software development including programming through senior management roles.</p>		
1178	Watercolor Class #1 - Landscape	Frank Ventura	<p>I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and foreground, and required for the best results. Each class will paint a different picture.</p> <p>Class is limited to 5 participants.</p> <p>There is a \$5 fee for supplies. Fee is payable to the instructor.</p>	Monday	10:30 – 11:45 AM

1139	How to Use Your Instant Pot	Samuel Nettles	Introduction to using your instant pot. Easy recipes. Cook with confidence.	Monday	10:30 -11:45 AM
1158	Solve a Personal Issue Using Life Coaching and Yoga Therapy	Elaine Schuhrke	Life coaching asks the questions and yoga therapy finds the answers. This class offers you the opportunity to resolve a personal issue using the techniques of life coaching and yoga therapy. Privacy ensured. Class is limited to 15 participants.	Monday	10:30 -11:45 AM
1103	State of the County	Fremont County Commissioners	Commissioners Dwayne McFall, Debbie Bell, and Kevin Grantham will discuss the county budget and work that is being completed or happening.	Monday	10:30 -11:45 AM
1161	Forgotten Female Felons	Sherry Skye	Get a sneak peek into the author's new book-in-progress. Meet Maria Manzanares, the first female inmate in 1872, Christina Rose who escaped over the wall and was never found, Anna Roper, who died while in prison, and other fascinating female felons. Were they all bad, good, or somewhere in between? You decide as you listen to their stories.	Monday	10:30-11:45 AM
1116	Delightful Donkeys and Marvelous Mules	Kathy Herrin	An introduction to these exceptional equines. Learn about their characteristics, history, and lore. Has been a popular class in the past.	Monday	1:00 - 2:15 PM
1146	Pasta-Bilities	Cathy Rigirozzi	Demonstration and advice on making fresh pasta; several pasta shapes and styles will be shared. Limited to 20 participants.	Monday	1:00 - 2:15 PM
1154	Strong Bones for Beginners	Elaine Schuhrke	In about 30 minutes a day, strengthen your bones with these 12 yoga postures. Class is appropriate for those with osteopenia and mild osteoporosis. Based on research and training of Dr. Loren Fishman, M.D. Wear comfortable, non-binding clothes. Bring yoga mat or blanket Class is limited to 15 participants.	Monday	1:00 - 2:15 PM

1133	The LGBTQ+ Community: Healthy and Collaborative Aging	Mary-Ellen Maynard	Many LGBTQ+ elders do not have family members or institutions willing or able to aid them while aging with respect and dignity. We want to form a collaborative group that will work together to support each other through our aging. Come speak with us about what other communities are doing to care for their changing needs. Brainstorm about what we can do for ourselves, while aging in place, in institutions, in caring community.	Monday	1:00 - 2:15 PM
1162	The Magic of Writing	Sherry Skye	What if writing was fun, creative, enjoyable? Your writing can be just for you, not anyone else. Writing is simply creative expression and can help you find clarity and insight. We'll experiment with color, humor, characters, places, memories, and more. No writing experience necessary and no critique! Let the magic of writing change your life. Bring pens, pencils, markers, colored pencils, notebook, or paper.	Monday	1:00 - 2:15 PM
1091	Think Like an Indian	Gordon Bell	How thinking like the Native Americans can improve your next artifact outing	Monday	1:00 - 2:15 PM
1172	Art Dream Journaling	Joanne Suther	Repeat - We will explore a variety of questions and page templates to design a visual representation and record of a dream. We will use magazine images to create a transfer, add texture, pattern, and color as we discover that drawing is not the only way to illustrate the essence of a dream. Bring your favorite drawing materials (colored pencils, scissors, glue sticks, etc...) if you have them Class is limited to 10 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Monday	1:00 - 3:45 PM
1144	Alcohol Ink Transfer Greeting Cards	Cyndi Pink	We'll be making 3-5 cards using the alcohol ink transfer technique. No card will be the same. Class is limited to 6 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Monday	1:00 - 3:45 PM

1097	How to Make Dry Embossing and Fancy Fold Greeting Cards	Dee Davis, Lea Darnell	Continuation - Learn how to make greeting cards using a dry embossing technique and ink. Also learn how to make fancy fold greeting cards. Wow your family and friends. Class is limited to 12 participants. There is a \$10 fee for supplies (2 cards) for both classes. Fee is payable to the instructor.	Monday	1:00 – 3:45 PM
1102	Cooking with Cattle Women	Fremont County Cattle Women	This class is designed to help individuals and or couples to stretch their dollars using beef. This year ground beef is on the menu. The ladies will show four recipes using ground beef that are tasty and healthy within a limited budget. Samples and recipes will be on hand. Class is limited to 20 participants.	Monday	2:30 – 3:45 PM
1179	Watercolor Class #1 - Landscape	Frank Ventura	Repeat - I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and fore-ground, and required for the best results. Each class will paint a different picture. Class is limited to 5 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Monday	2:30 – 3:45 PM
1092	Pikes Peak or Bust: Stories from Colorado's Women 59ers	J. v. L. Bell	In the early years of the Pikes Peak gold rush, men outnumbered women twenty to one, yet the gentler sex played an important role in every aspect of mining life. Come join author J.v.L. Bell as she discusses the adventures of well-known frontierswomen like Elizabeth Byers, Katrina Murat, and Addie LaMont. Life for these early women settlers was difficult, filled with long days of washing clothes, cooking, and running boarding houses, but several women established more	Monday	2:30-3:45 PM

			unusual roles. Elsa Jane Forest took on the guise of a man; Charlotte Card dressed like a man and mined her own claim; and Clara Brown became one of Colorado's first African American settlers. From papering their walls to wash-tub panning, these women lived amazing lives and have stories that will make you laugh and bring tears to your eyes.		
1099	A Listening Presence	Mary Derbort	Learn how to accept people as they are without telling them how they should be. Listen with compassion without giving advice, allow others to make their own decisions without trying to decide for them, provide an opportunity for others to make choices and to grow.	MTWR	1:00 - 2:15 PM
1126	Creating Compelling Characters	Diane McCartney	Creating Compelling Characters--How to create living, breathing characters that aren't just a pile of dry bones. This is an interactive presentation showing you different ways to make your characters come to life on the written page. Emotion is what sells fiction books and having characters that appeal to your reader is what keeps them coming back for more.	Tuesday	9:00 - 10:15 AM
1142	Creative Doodling for Beginners	Cyndi Pink	We will create a page of doodles – combining a couple of techniques that go great together.	Tuesday	9:00 - 10:15 AM
1201	Drawing with Oil Pastels	Cicily Harmon	Any subject, I can sketch some landscape ideas and bring some of my work and pictures for ideas.	Tuesday	9:00 - 10:15 AM
1090	Perennial Favorites	Gordon Bell	Explore the vast number of perennial flowers, shrubs, and climbing vines. See how adding a splash of annuals can give your garden color throughout the year, no matter the size of your garden.	Tuesday	9:00 - 10:15 AM
1191	Photography – Cameras and Phones	Mel Williamson	Repeat - We will cover how to best use your equipment to capture your images. We will also discuss some of the Apps available.	Tuesday	9:00 - 10:15 AM
1134	Reuniting a Family after 120+ Years	Terri Meeks	This class will demonstrate how to use genealogical research strategies, techniques and resources to locate and reunite long separated photographs and ephemera with their family.	Tuesday	9:00 - 10:15 AM

1100	Answers for the Future – A Look into Estate Planning	Jolene DeVries	This session will provide an entertaining, yet extremely informative discussion on the matters of concern for seniors and young alike. Topics will include such matters as estate planning, Wills, Powers of Attorney, Probate, Guardianship, Conservatorship, grandparents being parents to grandchildren and Medicaid. These lectures have been enthusiastically received and should not be missed	Tuesday	9:00 - 11:45 AM
1112	Edible and Medicinal Plants of Colorado Part 2	Jo Haugland	Class 2 – Continues the discussion with 40 additional plants found in Colorado in the same manner as class 1.	Tuesday	9:00 - 11:45 AM
1104	MicroGreen Demonstration	Fremont County Master Gardeners	Come learn how to properly grow microgreens and their nutritional benefits.	Tuesday	9:00 - 11:45 AM
1080	Early Tourism of the Royal Gorge Region	Jessica Ashton-Wortman	Discussion of the early tourism of the Royal Gorge Region.	Tuesday	9:00 -10:15 AM
1196	Amateur Radio	Bob Burkett	Repeat - What amateur radio is and how it can benefit you and your kids.	Tuesday	10:30 – 11:45 AM
1167	Researching Historic Properties & Local Historic Property Designation	Lisa Studts	Learn what resources are available to help you discover the history of any local property as well learn about the possibilities and potential benefits of getting a property designated as a local historic structure.	Tuesday	10:30 – 11:45 AM
1165	So, You Want to Write a Romance?	Andrea K Stein	Introduction on how to craft a romance, including an overview of the market as well as character, setting, and plotting techniques. Hands on writing exercises will be included. Bring a tablet and pen or pencil.	Tuesday	10:30 – 11:45 AM
1180	Watercolor Class #2 - Landscape	Frank Ventura	I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and foreground, and required for the best results. Each class will paint a different picture.	Tuesday	10:30 – 11:45 AM

			<p>Class is limited to 5 participants.</p> <p>There is a \$5 fee for supplies. Fee is payable to the instructor.</p>		
1194	Before the Time Comes	Monica Young	Do you think you're prepared in the best way possible, to get your family's help with later-life decisions? This class looks at having a senior conversation and making your family team as a starting point. Be ready to take notes and complete worksheets.	Tuesday	10:30 -11:45 AM
1163	Georgia O'Keeffe – Her Life and Art	Sherry Skye	Georgia O'Keeffe was a premier American female artist of the 20th century. She painted abstracts, flowers, skyscrapers, bones, and landscapes, from New York to New Mexico to Hawaii. Her personal life was as colorful as her art, full of mystique, travel, scandal, and simplicity. As contemporary women, what can we learn from Georgia's life?	Tuesday	10:30 -11:45 AM
1081	Introduction to Meditation and Quieting the Conscious Mind	Stephanie Acello, Susan Blankenhorn	<p>In our fast-paced and hectic world, it can be difficult to quiet the mind and direct your thoughts. This class will introduce simple and quick meditation techniques that can quiet the conscious mind. Meditation is an approach to training the mind similar to the way fitness approach is to training the body. Meditation is available to all. Meditation has many benefits which can reduce stress, promote happiness, increase calmness and clarity.</p> <p>Key points of the class: What is meditation? How to mediate; benefits of meditation; different ways and techniques to meditate and guidelines. And most importantly, we will conduct three meditations to experience and practice various techniques. No supplies are needed and a handout will be given to each person</p> <p>Take a deep breath and get ready to start a path of greater equanimity, peace, joy and fun!</p> <p>Class is limited to 25 participants.</p>	Tuesday	10:30 -11:45 AM
1087	Book Lecture	Tracy Beach	Historical author Tracy Beach will be presenting her book "The Night of a Thousand Heroes" The true account of the 1921 Pueblo, Colorado Flood which killed over	Tuesday	1:00 - 2:15 PM

			1000 people. The author will show a slide show and display historic flood artifacts, all while dressed in 1920s clothing.		
1198	End of Life Q&A	Jeannie Rector	Bring your questions about end-of-life issues to this panel of 5 professionals: Jolene L. Devries, Attorney at Law, Beth Holt Madone, Holt Family Funeral Home, Deacon Marco Vegas, Manager of Mission Integrations, STM Hospital, Sonya Terrian, RN and Marsha Bell, RN, of STM Hospital.	Tuesday	1:00 - 2:15 PM
1115	Fun with Farkle	Kathy Herrin	An introduction to the basic game of Farkle with an opportunity to learn to play this relatively simple dice game. Class is limited to 15 participants.	Tuesday	1:00 - 2:15 PM
1105	How to Properly Prune a Tree	Fremont County Master Gardeners	Come learn how to properly prune a tree to keep it healthy and thriving.	Tuesday	1:00 - 2:15 PM
1164	The Early History of Penrose	Sherry Skye	Local author and historian Skye Stuart shares colorful accounts from her latest book. We'll explore early settlements and cemeteries, churches, and schools, the magnificent Schaeffer dam and the devastating flood of 121. Agriculture and orchards, a short-lived railroad, visionary pioneer men and women, and the real story of Penrose water.	Tuesday	1:00 - 2:15 PM
1155	Yoga in Chairs	Elaine Schuhrke	Don't get down on the floor! Do your yoga in a chair! Based on the work of Lakshmi Voellers's Sitting Mountain Series, learn new ways of doing yoga and its benefits in this "start where you are" yoga class. Wear non-binding clothes. Class is limited to 15 participants.	Tuesday	1:00 - 2:15 PM
1174	Genealogy	Kathy Uhland	Use genealogy to find out about your family – useful tips.	Tuesday	1:00 – 2:15 PM

1186	Columbus and the Culture of the Mediterranean Sea	Ann Williams	<p>Discover Columbus' undercover mission to hoodwink the Spanish Inquisition. Hear how that Italian explorer also hacked the weather—with a chickpea! Travel writer Ann Williams shares lingo, chanties, folk arts, tales and superstitions of sailing men. Tie and decorate a sailors' knot after the lecture.</p> <p>There is a \$2 fee for supplies. Fee is payable to the instructor.</p>	Tuesday	1:00 - 3:45 PM
1203	Secrets of Successful Investing in ANY Market	Ron Phillips	<p>In this exciting, two-night course you will learn the inside game of investing. Everything Wall Street has excluded you from will be discussed. Ron, a licensed stockbroker and financial advisor, will peel back the layers of investing and expose all of the detail the "Big Guys" don't want you to know. Including the real cost of mutual funds, the truth behind broker and advisor fees, tools the pros use & more.</p> <p>All participants will receive a free one-year subscription to Ron's newsletter Investor Advantage (\$42 value), a free copy of his popular book Investing To Win (\$12 value) and an informative CD entitled The 10 Biggest Financial Oversights Investors Make, featuring the advisor (\$7 value). BONUS: Also receive a Special Report on the most-sold, least-understood investment (\$9 value).</p> <p>Ron Phillips is a well-known financial authority among affluent investors in Pueblo & Southern Colorado. He has developed unique strategies to help preserve investors' principal and increase their investment income. You may have seen his monthly articles in The Senior Beacon or other newspapers. Affluent investors & retirees have used Ron's advice to double their investment income, lower portfolio risk & significantly grow their assets. Ron is best known for his book, Investing to Win - Closely Held Secrets & Strategies from an Industry Insider.</p>	Tuesday	1:00 - 3:45 PM
1143	Mixed Media Greeting Cards	Cyndi Pink	<p>We'll be creating 3 cards using mixed media – paint, ink, collage, ephemera. No cards will be the same.</p> <p>Class is limited to 6 participants.</p> <p>There is a \$5 fee for supplies. Fee is payable to the instructor.</p>	Tuesday	1:00 – 3PM

1202	"Hang'em High"	Dorothy Cool	Men executed by Territorial Prison in early years. The criminals and their crimes buried at Woodpecker hill in Greenwood Cemetery.	Tuesday	2:30 - 3:45 PM
1181	Watercolor Class #2 - Landscape	Frank Ventura	Repeat - I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and fore-ground, and required for the best results. Each class will paint a different picture. Class is limited to 5 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Tuesday	2:30 – 3:45 PM
1175	Genealogy	Kathy Uhland	Repeat - Use genealogy to find out about your family – useful tips.	Wednesday	9:00 - 10:15 AM
1192	Photography – Cameras and Phones	Mel Williamson	Repeat - We will cover how to best use your equipment to capture your images. We will also discuss some of the Apps available.	Wednesday	9:00 - 10:15 AM
1101	Poker Alice Tubbs: The Straight Story	Liz Duckworth	Meet Poker Alice Tubbs and learn her story of a woman in a man's world as a lady gambler in Colorado in the 1880s and 1890s. As a young widow she discovered her gift for poker and won her way across the mining boomtowns of Colorado. She overcame many hurdles and eventually gained nationwide fame. After the presentation by enactor and author Liz Duckworth, learn about the process of sorting Alice's fact from fiction and the research story behind the story.	Wednesday	9:00 - 10:15 AM
1127	The Fabulous First Five Pages	Diane McCartney	The Fabulous First Five Pages--How to lure agents, editors and readers into your story with a stellar beginning. This is an interactive discussion about how important the first five pages are as a marketing tool. Sometimes, the first few pages are the only thing an industry professional will see. Attendees will learn how to grab a reader's attention from the very first sentence.	Wednesday	9:00 - 10:15 AM

1123	Florence 1870s to 1970s – History from a Technical Writer’s Approach	Dennis Lancaster	A technical writer shares his experience in “authoring” a book about his hometown and how he learned to “tone down” the information available to tell the story of where he grew up, sharing what he knew, but a lot of what he did not know. He will tell of his sources that he uses in his daily job as a technical writer, many of which were used in his book. He partnered with the Florence Pioneer Museum’s Research Team in is research and learned the importance of “original” sources of information.	Wednesday	9:00 – 10:15 AM
1108	The Word Decoder: Translator for Chief Cuerno Verde	Anthony Garcia	<p>This book shares of the story of Chief Cuerno Verde, the last Comanche chief that prevented the expansion of barbwire, posts, ranches and boundaries upon the pristine eastern plains of the great state of Colorado. The story concludes with the final battle scene it is believed to have occurred just north of Pueblo near Fremont Community College, only to this date, never exactly located. Knowing our history is the key to preserving our environment for in our past retains the values to sustain the relationship of our inner selves and nature.</p> <p>Author Anthony Garcia shares this important story of the insight gathered by Confi the Word Decoder to young minds in expectation that our environment is protected and preserved to continue the Oneness of their future. Anthony is both a nonfiction and fiction author, focusing upon spiritual enlightenment of historical time frames in the American Southwest</p>	Wednesday	9:00 – 10:15 AM
1159	Fossils 101: Fossil Boot Camp Part 1	Cindy Smith	<p>Gain an understanding of rocks that were once creatures that lived millions of years ago, in a hands-on “camp”. Discover the joy of learning the stories of these ancient animals by studying their anatomy, when they lived, what they may have looked like, how they got around, and other fascinating details about such fossils as ammonites, baculites, gastropods (snails), crinoids, coral, dinosaur bones, and shark teeth. Each person will be guided through a fossil kit by knowledgeable enthusiasts who have studied paleontology. This is a beginning level class for anyone age 12 and above.</p> <p>There is a \$5 fee for handouts. Fee is payable to the instructor.</p>	Wednesday	9:00 - 11:45 AM 1:00 - 3:45 PM

			Class is limited to 30 participants.		
1141	Make Up Your Mind	Mark Otto	<p>“Go with your gut”, and “Things will turn out for the best.” are bad advice. Without practice, we are not very good at making decisions. Some of us, myself included, have a hard time even coming up with what to decide. But where there are no easy answers, developing a good decision process can have lasting benefits and those benefits compound over time for ourselves, our families, and community. We will cover:</p> <ul style="list-style-type: none"> • Our lazy brain • Information, values, and decisions • Anchoring, hindsight, intuition, confidence, inside-outside view, loss, and other biases • When to go slow, go fast, or quit • Making repeated decisions into habits • Decision problems and decision opportunities • Using “Getting Things Done” to organize decisions • PrOACT (Frame the problem, define the objectives, create alternatives, discover the consequences, negotiate the tradeoffs), decision making for ourselves and groups • Information and luck • Money, risk, and having enough <p>Wrap up: Listen, stay curious, and keep a journal</p>	Wednesday	9:00 - 11:45 AM
1082	Snake Oil Cures All Ailments (1874)	Loretta Bailey, Kimberly Worsham	I am using advertisements from microfilm at Royal Gorge Regional Museum and History Center. I am currently a long-time volunteer there and 2 years an employee. The old newspaper was “Canon City Times.”	Wednesday	10:30 – 11:15 AM
1197	Amateur Radio	Bob Burkett	What amateur radio is and how it can benefit you and your kids.	Wednesday	10:30 – 11:45 AM
1182	Watercolor Class #3 - Landscape	Frank Ventura	I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on	Wednesday	10:30 – 11:45 AM

			<p>dry. Also, three basic techniques: of values from background, mid-ground and foreground, and required for the best results. Each class will paint a different picture.</p> <p>Class is limited to 5 participants.</p> <p>There is a \$5 fee for supplies. Fee is payable to the instructor.</p>		
1095	Dallas 1963	Marlowe Cassetti	<p>President John F. Kennedy was assassinated in Dallas, Texas on November 22, 1963. Many of the people and events leading up to this terrible event were a part of the larger scenario. Strangely it is a tragic event that was also celebrated by a small but vocal few. Hear this story plus some of the little-known details from someone who saw the Kennedy motorcade in Houston, TX one day before the assassination.</p>	Wednesday	10:30 -11:45 AM
1187	How Poseidon Forged Italy	Ann Williams	<p>Travel author Ann Williams explains the forces that heaved Mediterranean seafloor skyward to form Italy's alps. Also, a 100-year deluge kicked off by earth splitting quakes to reopen the Strait of Gibraltar. Meet Italy's hyperactive volcano: the "Lighthouse of the Mediterranean."</p>	Wednesday	10:30 -11:45 AM
1093	Local Theatre Legacy	Mandy Brown	<p>Fremont County has a vibrant history of both community and professional theatre. We will touch on many of the historic places, organizations, and people of the area who were involved with this ancient form of storytelling. Their passion for performance founded a lasting love of art and entertainment in the region that lives on today.</p>	Wednesday	10:30 -11:45 AM
1089	Gordon's Island	Gordon Bell	<p>This class will explore how a landscaped horticultural island can be the focal point in your yard. We will explore the different types of rock, stone, and concrete used to make the island, and also the various plants, flowers and trees to plant in the island as well as yard art that will give it your personal touch.</p>	Wednesday	1:00 - 2:15 PM
1094	Local Theatre Legacy	Mandy Brown	<p>Repeat - Fremont County has a vibrant history of both community and professional theatre. We will touch on many of the historic places, organizations, and people of the area who were involved with this ancient form of storytelling. Their passion for</p>	Wednesday	1:00 - 2:15 PM

			performance founded a lasting love of art and entertainment in the region that lives on today.		
1125	Paper Crafting	Jane LeDoux Arlene Slaichert	Repeat - Make a paper craft gift for yourself or a loved one. You will choose from many quotations (nuggets of wisdom) to mount on decorative paper. Bring a pair of scissors. Class is limited to 12 participants.	Wednesday	1:00 - 2:15 PM
1119	Using Android Cellphones 101	Ken Holsworth	The basic functions of an Android cellphone will be presented. How to call. How to text. How to email. How to search the web. Also included will be an overview of all the uses of an Android cellphone. Bring your Android cellphone. Class is limited to 15 participants.	Wednesday	1:00 - 2:15 PM
1156	Yoga Breathing and Hand Yoga for Reducing Anxiety and Stress	Elaine Schuhrke	Practical, simple and easy yoga breathing (prama yamas) and hand yoga (mudras) can help you manage anxiety and stress, anytime, anywhere. Easy to learn. Come join us!	Wednesday	1:00 - 2:15 PM
1138	Birds of Prey	Diana Miller	Take an informative and entertaining look into the lives of birds of prey. With the assistance of our Raptor Ambassadors, the Naturalist will discuss adaptations, natural history, and personal stories of the Birds of Prey presented. We'll also share a bit about our 40+ years of work to care for sick, injured and orphaned birds of prey	Wednesday	1:00 - 3:45 PM
1199	Income Investing: A Time-Lost Strategy	Ron Phillips	"Even as late as the 1980s stocks paid very high dividends. Investors expected income in their pocket from their investments. Now, many strategies overly depend on prices moving up. What happens when we have flat or down markets? Instead of buying and hoping, learn about a tried-and-true technique to create consistent returns. All class participants also get free reports, books and other materials for attending Ron Phillips is a well-known financial authority among affluent investors in Pueblo & Southern Colorado. He has developed unique strategies to help preserve investors'	Wednesday	1:00 - 3:45 PM

			principal and increase their investment income. You may have seen his monthly articles in The Senior Beacon or other newspapers. Affluent investors & retirees have used Ron's advice to double their investment income, lower portfolio risk & significantly grow their assets. Ron is best known for his book, Investing to Win - Closely Held Secrets & Strategies from an Industry Insider. -----		
1188	Creatures of the Mediterranean Sea	Ann Williams	Are dolphins actually do-gooder Tyrrhenian Pirates? A peek at the mores of whales, octopuses, and other creatures--real and mythical--who frequent Roman coasts. Travel author and sea lover Ann Payton Williams shares her passion.	Wednesday	1:00 -2:15 PM
1114	I Play the Spoons – Why do You Look Surprised?	Kathy Herrin	An introduction to a rhythmic instrument, the spoons, from someone just learning to play them herself. Students can just listen or if they would like to purchase a beginner set, those will be available for \$13. Class is limited to 12 participants.	Wednesday	2:30 - 3:45 PM
1117	Using Apple Cellphones 101	Ken Holsworth	The basic functions of an Apple cellphone will be presented. How to call. How to text. How to email. How to search the web. Also included will be an overview of all the uses of an Android cellphone. Bring your Apple cellphone. Bring your iPhone. Class is limited to 15 participants.	Wednesday	2:30 – 3:45 PM
1183	Watercolor Class #3 - Landscape	Frank Ventura	Repeat - I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and fore-ground, and required for the best results. Each class will paint a different picture. Class is limited to 5 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Wednesday	2:30 – 3:45 PM

1152	Environmental Concerns? Making Your Voice Heard	Sondra Sage	Do you have concerns about the environment? We will cover the history of environmental regulations, how they are made, how they are enforced, and opportunities for public input. Become empowered to make your voice heard. This class is part of a series on the local Superfund site (Cotter Uranium Mill) which includes: 1) Radiation and Personal Health, 2) Environmental Concerns? Making Your Voice Heard, 3) Lincoln Park Tour. These can be taken separately or together as a group.	Thursday	9:00 - 10:15 AM
1096	New Eye Medicine	Dr. Sean Claffin	Advancements in medical treatment of cataracts, glaucoma and retina.	Thursday	9:00 - 10:15 AM
1148	Orthopedic Surgery – Non-Surgical	Solon Rosenblatt, MD	Learn about non-surgical treatment for osteoarthritis.	Thursday	9:00 - 10:15 AM
1193	Photography – Cameras and Phones	Mel Williamson	Repeat - We will cover how to best use your equipment to capture your images. We will also discuss some of the Apps available.	Thursday	9:00 - 10:15 AM
1113	Ponderings on Guinea Pigs	Kathy Herrin	An introduction to the delights of having guinea pigs as pets. Some “piggies” may attend for “show & tell.”	Thursday	9:00 - 10:15 AM
1121	What is Falconry?	Devin Jaffe	Join Master Falconer, Devin Jaffe, to meet some live hunting birds and discover the ancient relationship between falconers and their raptors. How do falconers help with conservation? How do they train their birds? What equipment is used? Bring your cameras and inquiring minds.	Thursday	9:00 - 10:15 AM
1086	Your Health is Important	Nancy Bartkowiak	Let's get together and talk about all things health: diet, exercise, fall prevention, home safety, talking to your doctor, and anything else you want to discuss.	Thursday	9:00 - 10:15 AM
1147	Basic Macramé Part 1	Char Rodenbeck	Learn basic macramé knots. Make a planter or an owl. Supplies will be provided. Limited to 8 participants.	Thursday	9:00 - 11:45 AM

1160	Caregiver Self Care – Mental Literacy	Johanna Snyder	Health literacy, tips on self-care as a caregiver.	Thursday	9:00 - 11:45 AM
1168	Story of You Tag Book	Jeanne Schmidt, Joanne Suther	Joanne and Jeanne are combining their art and writing talents to help you create a foldable storybook. You will use writing prompts to record your thoughts. Class is limited to 15 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Thursday	9:00 - 11:45 AM
1173	Radiation and Personal Health	Carrie Trimble	A brief review of the science of ionizing radioactivity; its sources, exposures, decay chain, contamination and the impact on our health and environment. One of 4 topic classes during senior college either taken singularly or together as a course based on the Lincoln-Cotter contamination site of Fremont County.	Thursday	10:30 - 11:45 AM
1189	Intriguing Origins of Greco Roman Mythology	Ann Williams	Why did prof Indiana Jones warn his class not to take mythology at face value? Were fire-breathing dragons kindled in Italian swamps? What Roman strait inspired ancient soap operas? Get the lore lowdown from travel author Ann Payton Williams.	Thursday	10:30 – 11:45 AM
1150	Orthopedic Surgery – Prevention of Hip Fractures	Solon Rosenblatt, MD	Learn how to prevent hip fractures.	Thursday	10:30 – 11:45 AM
1166	So, You Want to Write a Romance?	Andrea K Stein	Repeat - Introduction on how to craft a romance, including an overview of the market as well as character, setting, and plotting techniques. Hands on writing exercises will be included. Bring a tablet and pen or pencil.	Thursday	10:30 – 11:45 AM
1184	Watercolor Class #4 - Landscape	Frank Ventura	I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and foreground, and required for the best results. Each class will paint a different picture.	Thursday	10:30 – 11:45 AM

			Class is limited to 5 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.		
1122	What is Falconry?	Devin Jaffe	Repeat - Join Master Falconer, Devin Jaffe, to meet some live hunting birds and discover the ancient relationship between falconers and their raptors. How do falconers help with conservation? How do they train their birds? What equipment is used? Bring your cameras and inquiring minds.	Thursday	10:30 – 11:45 AM
1088	Dabbling in Decoupage	Gordon Bell	This class is a creative way to protect photographs, awards, wood, newspaper clippings, rocks, pottery, or metal. Be creative and have fun while doing it.	Thursday	1:00 - 2:15 PM
1140	How to Reduce Your risk of Alzheimer's and Other Chronic Diseases	Larry Otte	During this presentation you will learn practical tips to reduce your risk of developing a chronic disease – no matter how old you are. We know that about 88% of Americans are metabolically unhealthy and approximately 80% of our health is determined by our life choices – not by our genes. Find out what you can do to strengthen your immune system and improve your quality of life.	Thursday	1:00 - 2:15 PM
1084	Tai Chi	Nancy Bartkowiak	Join us for lots of fun. We will have Tai Chi time and other balance exercises to keep you safe. Wear comfortable shoes.	Thursday	1:00 - 2:15 PM
1120	Using Android Cellphones 101	Ken Holsworth	Repeat -The basic functions of an Android cellphone will be presented. How to call. How to text. How to email. How to search the web. Also included will be an overview of all the uses of an Android cellphone. Bring your Android cellphone. Class is limited to 15 participants.	Thursday	1:00 - 2:15 PM
1157	Yoga Nidra – Guided Meditation	Elaine Schuhrke	An effective antidote for insomnia, PTSD, intentional healing and deep relaxation, Yoga Nidra is the easiest way to meditate, sitting up or lying down. Join us for a deeply relaxing healing, guided session.	Thursday	1:00 - 2:15 PM
1110	Project Management Lite	Michael Gromowski	We all run projects. Do you want them to be successful? Sample projects include adding a shed, redecorating a room, buying a vehicle, sewing a dress, planning and/or taking a trip, etc. This class describes how people can successfully run	Thursday	1:00 – 2:15 PM

		<p>those projects with minimal stress and get the intended outcome. Whether your projects are small or large in scale, this class describes the activities needed to ensure success.</p> <p>Current Table of Contents</p> <ol style="list-style-type: none"> 1. What is a project? 2. Know the existing situations 3. Determine available resources 4. Research intended outcome(s) 5. Document requirements 6. Define “done” 7. Planning the tasks 8. Estimating the resources required 9. Determine the timeline 10. Optional – prototype the steps 11. Review and modify the plan 12. Execute the plan 13. Adjust the plan 14. Know when you are done 15. Your discussion Topics <p>Short Bio:</p> <p>Mike has been an Information Technology professional for over four decades. He has focused his career on development of software applications and managing projects that solve mission critical business needs. He has a broad base of industry expertise including insurance, financial services, health care, manufacturing, and business intelligence (aka “Big Data”). He is highly regarded for his expertise in virtually every role associated with software development including programming through senior management roles.</p>		
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1200	Advanced Investing & Strategies	Ron Phillips	<p>“Learn innovative investing concepts such as hedging, leverage, sector investing, correlation, aggressive growth, options and more. While this class isn’t for the faint of heart, even a moderately experienced investor can understand and learn from this class. Includes many free resources such as books, CDs, handouts and online recommendations.</p> <p>*NOTICE: This class is intended for more adept investors. Advanced concepts are discussed and basic investment knowledge is assumed.</p> <p>*Ron Phillips is a well-known financial authority among affluent investors in Pueblo & Southern Colorado. He has developed unique strategies to help preserve investors' principal and increase their investment income. You may have seen his monthly articles in The Senior Beacon or other newspapers. Affluent investors & retirees have used Ron's advice to double their investment income, lower portfolio risk & significantly grow their assets. Ron is best known for his book, Investing to Win - Closely Held Secrets & Strategies from an Industry Insider.</p>	Thursday	1:00 - 3:45 PM
1147	Basic Macramé Part 2	Char Rodenbeck	<p>Learn basic macramé knots. Make a planter or an owl. Supplies will be provided.</p> <p>This class is taught in two parts. Must take part 1 to take part 2.</p> <p>Limited to 8 participants.</p>	Thursday	1:00 - 3:45 PM
1111	Learn to Play the Dulcimer	Malacha Hall	<p>Play the mountain dulcimer and learn about the instrument. It is one of the easiest music instruments to play, No need to read music. Dulcimers are provided.</p> <p>Class is limited to 10 participants.</p>	Thursday	1:00 - 3:45 PM
1151	Orthopedic Surgery – Knee and Hip	Solon Rosenblatt, MD	<p>Learn about knee and hip pain and treatment options.</p>	Thursday	1:00 -2:15 PM

1137	Reuniting a Family after 120+ Years	Terri Meeks	Repeat - This class will demonstrate how to use genealogical research strategies, techniques and resources to locate and reunite long separated photographs and ephemera with their family.	Thursday	2:30 – 3:45 PM
1118	Using Apple Cellphones 101	Ken Holsworth	Repeat - The basic functions of an Apple cellphone will be presented. How to call. How to text. How to email. How to search the web. Also included will be an overview of all the uses of an Android cellphone. Bring your Apple cellphone. Bring your iPhone. Class is limited to 15 participants.	Thursday	2:30 – 3:45 PM
1185	Watercolor Class #4 - Landscape	Frank Ventura	Repeat - I will teach the basic watercolor techniques – step by step to achieve a good painting. Techniques include the Rule of Thirds, compositions, wet and wet/wet on dry. Also, three basic techniques: of values from background, mid-ground and fore-ground, and required for the best results. Each class will paint a different picture. Class is limited to 5 participants. There is a \$5 fee for supplies. Fee is payable to the instructor.	Thursday	2:30 – 3:45 PM
1107	Lincoln Park Tour	Jeri Fry	This class will take you on a 2-hour tour of the Lincoln Park area which is also known as Operating Unit 2 and 3 (OU2 & OU3) of the Superfund site. This class is part of a series on the local Superfund site (Cotter Uranium Mill) which includes: 1) Radiation and Personal Health, 2) Environmental Concerns? Making Your Voice Heard, 3) Lincoln Park Tour. These can be taken separately or together as a group. Class is limited to 25 participants.	Friday	9:00 - 11:45 AM
1176	Let's Play Pickleball!	Peg Davison, Judy VanAcker	Pickleball is the fastest-growing sport in the world. Why? Because anyone can strap on their tennies and learn how to play this fun-loving, belly-laughing game. Super competitive? Gotcha covered. Just want to jump around and have fun? You're gonna love it! Join Peg and Judy as they teach you the basics and maybe	Friday	9:00 – 11:45 AM

			<p>just a little bit more. Paddles and balls provided. Court tennis shoes recommended. See you there!</p> <p>Class is limited to 12 participants.</p> <p>Held in the Abbey Gymnasium.</p>		
1169	Exploring the Artist's Library	Joanne Suther	<p>Come explore the library as a source for creative ideas. Inspired by the Library as Incubator Project, we will meet to introduce the hunt for ideas through a unique list of prompts. Whether you are creating a project or activity for yourself, grandchildren, a church or community group, or looking for a creative spark, you will discover something new and fun. And you will experience how all the collections and spaces of the library are ripe for creative inspiration. Towards the end of class, we will gather to share discoveries, reflections and have a conversation that invites collaborative ideas for further exploration and development. And don't be intimidated by the word artist, the incubator defines an artist as any person who uses creative tools to make new things.</p> <p>Class is limited to 20 participants.</p>	Friday	10:00 – 11:45 AM
1170	Printmaking Mixed Media Collage	Joanne Suther	<p>We will meet in the lobby of the Fremont Center for the Arts at 505 Macon Ave in Canon City. First, we will do a quick walkthrough of the Spring Awakenings exhibit to gather some inspirational words. Then we will move downstairs to the classroom to explore a variety of hand printing techniques on an assortment of papers. Then choose one of the simple compositions to use as a pattern to create a mixed media piece.</p> <p>Class is limited to 8 participants.</p> <p>There is a \$10 fee for supplies. Fee is payable to the instructor.</p>	Friday	1:00 - 3:45 PM

1078	Roadside Geology of Canon City	Jessica Ashton, Josh Brussard	Students provide own transportation as we caravan to several geologically significant locations across Canon City. Class is limited to 20 participants.	Friday	1:00 - 3:45 PM
1177	Let's Play Pickleball!	Peg Davison, Judy VanAcker	Repeat - Pickleball is the fastest-growing sport in the world. Why? Because anyone can strap on their tennies and learn how to play this fun-loving, belly-laughing game. Super competitive? Gotcha covered. Just want to jump around and have fun? You're gonna love it! Join Peg and Judy as they teach you the basics and maybe just a little bit more. Paddles and balls provided. Court tennis shoes recommended. See you there! Class is limited to 12 participants. Held in the Abbey Gymnasium.	Friday	1:00 – 3:45 PM