

LONE ROCK ADULT EDUCATION

WINTER/SPRING 2022

ADULT SEWING - ALL LEVELS

Instructor: Faye McCrumb

Class Fee: \$10.00

12 Hours/6 Classes

Tuesdays

6 - 8pm

Jan. 18, 25

Feb. 1, 8, 15, 22

This class is designed for students of all ages and levels. We will be focusing on the proper construction of a lined garment from the beginning to the end product if that is what you choose to do, as there will be other options that can be discussed. This would be a great gift idea for men or women! If you love to sew, this is the class for you!

You will need to bring your own **SEWING MACHINE** to class.

GARMENT ALTERATIONS

Instructor: Faye McCrumb

Class Fee: \$10.00

12 Hours/6 Classes

Thursdays

6 - 8pm

Jan. 20, 27

Feb. 3, 10, 17, 24

In this class you will learn the best and proper ways to repair or alter for size corrections.

You will need to bring your own **SEWING MACHING** to class.

EXPLORING DRAWING & SKETCHING

ZOOM CLASS

Instructor: Diana Haker

Class Fee: \$10.00

12 Hours/ 8 Classes

Tuesdays

5 - 6:30 pm

Feb. 15, 22

Mar. 1, 8, 15, 22, 29

Apr. 5

This is a beginning or refresher course in drawing and sketching that will explore different techniques and mediums that are used by artists. Drawing and sketching is the first basic skill that one needs to learn and develop before exploring other art mediums. This course will give you the necessary skills to develop your drawing skills quickly.

You will need to purchase this list of supplies:

1. Drawing pencil set with HB through B6 pencils
2. Vinyl or kneaded eraser
3. Drawing pad of good quality drawing paper, size 11" x 14"

4. Ballpoint pen, black -medium or fine point
5. Pencil sharpener

Facilities Needed for Virtual Art Class

Since this is a **ZOOM** class, participants will need a computer or other device that has a video/microphone or camera/microphone that can access the internet and use a video conferencing app. A table or a desk with a chair and good lighting are recommended. Your instructor will provide instructions for joining the class with **ZOOM**. Join us for an evening that will enhance your creativity!

EXPLORING COLOR PENCILS - METHODS & MATERIALS **ZOOM CLASS**

Instructor: Diana Haker

Class Fee: \$10.00

12 Hours/ 8 Classes

Thursdays

5 - 6:30 pm

Feb. 17, 24

Mar. 3, 10, 17, 24, 31

Apr. 7

This is a beginning course exploring the different techniques and methods of producing art with colored pencils. Professional quality-colored pencils were first manufactured as early as 1908 by the German company Faber-Castell. They give the artist the ability to draw with the pleasure of painting. Artists like the use of

colored pencils because of the control they offer in their art pieces. This course will give you the necessary skills to use colored pencils in your art creations.

You will need to purchase this list of supplies:

1. Set of 24 student-grade colored pencils
2. Vinyl or kneaded eraser
3. Drawing pad size 11x14 of good quality drawing paper with good tooth 80# or greater
4. Cotton tipped swabs
5. Pencil sharpener

Facilities Needed for Virtual Art Class

Since this is a **ZOOM** class, participants will need a computer or other device that has a video/microphone or camera/microphone that can access the internet and use a video conferencing app. A table or a desk with a chair and good lighting are recommended. Your instructor will provide instructions for joining the class with **ZOOM**. Join us for an evening of creative fun!

CARD MAKING MADE EASY

Instructor: Amy Grassey

Class Fee: \$10.00

6 Hours/ 3 Classes

Tuesdays

6 - 8 pm

Feb. 8, 15, 22

We are back for our 4th year! Each class will highlight a different card making technique and theme. Participants will have the opportunity to make several cards, meet new friends, and learn about stamping, the use of watercolors, and embossing. Join us for an evening of creative fun!

SOCIAL SCRAPBOOKING

Instructor: Amy Grassey

Class Fee: \$10.00

6 Hours/ 3 Classes

Tuesdays

6 - 8 pm

Mar. 8, 15, 22

We are back to scrapbook together in person! Yay! Each night we will construct a 2-page layout featuring a different technique to enhance the pages. Join our group and learn some fun easy ways to create beautiful pages while making new friends!

MUSCLE -TONING

Instructor: Doris Swanson

Class Fee: \$10.00

5 Hours/5 Classes

Mondays

6:30 - 7:30 pm

Jan. 24, 31

Feb. 7, 14, 21

This class is designed to condition your body with resistance training workouts. We will focus on every muscle group with the intent of improving your strength,

endurance, and muscle tone. If you want to condition your body for more strength, this class is for you! **Recommended for all fitness levels.**

DUMBBELLS AND A MAT ARE PREFERRED.

THE EDGE/CIRCUIT

Instructor: Doris Swanson

Class Fee: \$10.00

6 Hours/6 Classes	Mondays	6:30 - 7:30- pm
	Feb. 28	
	Mar. 7, 14, 21, 28	
	Apr. 4	

Designed to push you to the edge of your limit, but have fun in the process, this class will fire up your metabolism and target your cardio, strength, and muscle endurance without going over the edge. Join us for an hour of exercise that will enhance your health benefits in many ways! **Recommended for all fitness levels.**

OULA DANCE FITNESS

Instructor: Karinna Blodgett

Class Fee: \$10.00

8 Hours/8 Classes	Thursdays	6 - 7pm
	Jan. 27	
	Feb. 3, 10, 17	
	Mar. 3, 10, 17, 24	

Oula merges high-intensity cardio with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity - all to an energetic pop soundtrack. Every *Oula* class empowers participants to challenge their bodies and process their emotions through music, movement, and most importantly, a community connection! Join us for an evening of awe-inspiring exercise and a lot of fun!

LET'S TALK RAISING AND MARKETING SHEEP IN WESTERN MONTANA - OOOPS (Ovine Operations, Opportunities, Practices and Systems)

Instructor: Gary Leese

Class Fee: \$10.00

16.5 Hours/3 Classes

Saturdays

10am- 3:30pm

Jan. 22

Feb. 19

Mar. 19

This class will cover sheep raising fundamentals such as breeds, management, facilities, and possible markets. It will also include information about some basic feed options and ration building. In addition, there will be discussion on wool breeds as well as hair breeds, lambing concerns, and predator problems. Join us for in-depth understanding of raising and marketing sheep in western Montana!

FOR MORE INFORMATION about the classes being offered please call **JULIE BACHMAN** at **210.5129** after 4pm.

- **PHONE** in your registration by calling Julie Bachman at (406) 210.5129 after 4pm.
- **EMAIL** your registration to:
adulthoodeducation@lonerockschool.org.
- **MAIL** your registration to:

Lone Rock Adult Education
Attn: Julie Bachman
1112 Three Mile Creek Road
Stevensville, MT 59870

**PLEASE ADD THE REGISTRATION
FORM **RIGHT HERE** THAT WAS
USED LAST YEAR.**

Please **REGISTER EARLY** so that your class will get the number of participants needed to ensure that it will not be cancelled.

ALL PAYMENTS need to be sent in to Lone Rock Adult Education after you register if you are doing a **ZOOM CLASS**.

If the class is at the school, payments will be collected the **FIRST NIGHT** of class.

SENIORS (60+) years of age get a **50% DISCOUNT** on all class fees. The cost of the class is a one-time fee.