



## Ogallala Fall Community Education Classes 2017

### Beginning American Sign Language

A hands-on practice in learning American Sign Language. The course focuses on learning the alphabet, fingerspelling and numbers in sign language, as well as an introduction to deaf history and culture.

6-8:30 p.m. Wednesdays, Sept. 6 – Oct. 11.

Instructor: Charles Pirolo. Cost: \$55.

### Card Sharks

Bring your cribbage board and a deck of cards, or just the cards, and play your favorite card game. Whether you like a good game of pitch, rummy or cribbage, share your love of the game with others.

6-8 pm the first and third Wednesdays of each month, Sept. 6-Dec. 6.

No cost!

### How to Gain Financial Peace

We all need a plan for our money. Dave Ramsey's *Financial Peace University* is that plan. Through video teaching, class discussions and interactive small group activities, FPU presents biblical, practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money, spend and save wisely, and much more!

6-8 p.m. Mondays, Sept. 11 – Nov. 6.

Instructor: Danielle McChesney. Cost: \$59 per household

### Practical Health and Wellness

Practical steps to improve one's health. Focus on the technical aspects of health, including the effects of sugar, saturated fats, alcohol, chemicals and drugs; fitness, how to walk/run without pain; and how to be happy and not worry as much about life in general. (Students choose what they want to focus on improving each week)

Time and date: 5:30-7 pm, Tuesdays

Six-week sessions: Sept. 12-Oct. 17; Oct. 24-Nov. 28.

Instructor: Paul Chapman. Cost: \$99 per session.

### Poet's Corner

Poetry comes alive when it is spoken and when it is heard. Share original poetry with other local poets, who will share a new topic each month.

6:30-8 pm the second Monday of each month, September through May 2018.

No cost.

### Restart Your Health

Want to change your diet? Want to detox from sugar and learn how to use real food to boost energy and cut sugar and carb cravings? Restart, a five-week nutritional class, sugar detox program and support group can help and empower participants to take charge of their health.

4:30-6:30 p.m. Thursdays, Sept. 21 – Oct. 19 OR Saturdays, 1-3 pm, Sept. 23 – Oct. 21.

Instructor: Cindy Arnold. Cost: \$139.

### Ukulele

Learn the basics of playing the ukulele, currently one of the most popular stringed instruments. Students will learn all the basics of the ukulele, including tuning and care of the instrument, as well as chording, strum patterns, and basic music notation and rhythms. Emphasis will be on the joy of making music and having fun with the ukulele.

6:30-7:15 p.m. Mondays, Sept. 25, Oct. 2, 9, 16, 23 and 30.  
Instructor: Bob Josjor. Cost: \$65.

#### Woodcarving

From chip carving to more advanced carving, this might be just the hobby you're looking for. Come learn techniques to help you become a great woodcarver.

5-7 p.m. Thursdays, Oct. 9, 26 and Nov. 2 and 9.  
Instructor: Archie Silvrants. Cost: \$29.

#### Crop Marketing

Learn the basics of Grain Marketing principles, grain marketing plan development and considerations, grain storage costs, carry in the grain market, seasonal patterns of grain prices, as well as a computer simulation of grain markets using MINE, a computer simulation of grain marketing allowing users to practice grain marketing.

9 am – 3 pm Tuesday, Nov. 28.

Instructor: Robert Tigner, Red Willow County Extension Educator  
No cost

#### Ogallala During the Trail Drive era

Learn about Ogallala during the historic time period of the famous Texas Trail. View one of a kind photos of the businesses, saloons, and colorful characters that helped Ogallala to earn the name "The Gomorrah of the Cow towns."

6:30-8:30 p.m. Nov. 9.

Instructor: Tomas England.  
Cost: \$5.

#### Facebook

Whether beginning to dabble in or are a daily user, learn about the uses of the most popular social media tool – facebook. Connect with your family and friends or use the tool to increase your business.

Noon-1 pm, Wednesday, Oct. 18.

Instructor: Heather Johnson  
Cost: \$10, includes lunch.

#### Self-defense for females

A basic self-defense training class that includes demonstration and active participation. Learn the pressure points and striking areas to use on an assailant. Being aware of your surroundings and helpful hints on ensuring one's safety also will be discussed.

1-6 pm, Friday, Oct. 27, Arthur County High School

Instructor: Bill Redinger, retired Nebraska State Patrol.  
Cost: \$79 single or \$119 mother/daughter team

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