

# Red Lodge Public Schools



## Community & Adult Education

### 2018 Fall Courses

- Registration deadline Thursday, September 27th.
- Classes begin Sunday, September 30th.
- Classes held at Roosevelt Middle School (413 S. Oakes) unless otherwise noted.
- Minimum class enrollment of 4 students (registration refunded if class is cancelled.)
- Mail/Drop-off registration form and payment to Roosevelt Middle School, PO Box 1090, Red Lodge MT, 59068.
- Visit our website: <http://redlodge.schoolwires.com/domain24>.
- Call Kandy Aleksich for more information: 406-425-0855.
- Register Early! Class size limits!**

# Red Lodge Public Schools Adult Education Class Registration Form

**Mail or Deliver Form & Payment to:**

Red Lodge Public Schools  
413 South Oakes  
PO Box 1090  
Red Lodge, MT 59068

Cost: \$15 per person per class. Separate supply cost is paid to instructor  
*(as indicated in course description).*

**Please make checks payable to: Red Lodge Schools.**

Class(es) of Interest:

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Name:

Mailing Address:

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Email:

Phone:

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## Clay Sculpture

Description: This 8-Week class is open to all levels, but will focus on methods and techniques for the beginner. Students will learn the basics of shaping clay and sculpting figuratively, specifically focusing on human and animal forms. RLCC instructors will assist students through demonstrations and hands-on learning. In addition, students will learn how to finish their work using clay slips, glazes, and other ceramic materials. Class limited to 8 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 2, 9, 16, 23, 30, Nov 6, 13, 20	Tues. 6-8pm	Crista Ann Ames	Clay Center 123 N Broadway	\$65

## Acrylic Pour Art Class

Description: Want to create fabulous art but don't know how to paint? Want to learn an exciting new craft with endless applications? Then this class is for you! Acrylic Pour Art (also known as Cup Art) is a fun and easy painting technique that can be used in multiple different ways from crafts to fine art to interior decorating. In this class you will learn various pour art techniques and create several projects including wall art, journals, jewelry and more. Limited to 8 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 20, 27 Nov 3, 10, 17	Sat. 10-2pm	Aimee Haran	Roosevelt Middle School 413 S. Oakes	\$40

## Decorating with Annie Sloan Chalk Paint®

Description: Learn how to paint a small piece of furniture, and dye fabric using Chalk Paint® by Annie Sloan. This is an intermediate level class and goes beyond Furniture Painting. Students will set the pace for this unique workshop experience. If you're a DIY'er and you've ever wanted to experiment with using paint mediums and expand your artistic skills to decorate your home this is the class for you! Please contact Dana Gordon at Bunny's Brush for more information about supply cost and questions, [dana@bunnysbrush.net](mailto:dana@bunnysbrush.net). Limit 8 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 2, 9, 16, 23, 30 Nov 6, 13 OR Oct 4, 11, 18, 25 Nov 1, 8, 15	Tues 3-5pm OR Thurs 6-8pm	Dana Gordon	Bunny's Brush 13 S Broadway	Depends on project

## Glass Workshop

Description: Complete a work in progress or start a new project. This workshop is for those who need a bit of help and have the desire to create in the company of others. Fused glass work and Mosaic projects are welcome. Enjoy the therapy that this class has to offer. Supply fee to be paid to the instructor. Class limited to 6 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24, 31 Nov 7, 14 OR Oct 4, 11, 18, 25 Nov 1, 8, 15	Weds 10-noon OR Thurs 7-9pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25

## Beginning Stained Glass

Description: Learn the techniques to create a piece of beautiful stained glass. You will learn about various types of glass, safety, glass cutting, fitting, foiling, soldering and finishing. By the end of the class you will have completed a beautiful piece of art. 6 student limit.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24, 31 Nov 7, 14 OR Oct 4, 11, 18, 25 Nov 1, 8, 15	Weds 7-9 OR Thurs 10-noon	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25 paid to instructor

## Ceramics for Everyone

Description: This 8-Week class is open to all levels, but will focus on methods and techniques for the beginner. Students will learn the basics of making pottery on the wheel as well as hand-building with coils, slabs, and pinching. RLCC instructors will assist students through demonstrations and hand-on learning. In addition, students will learn how to finish their work using clay slips, glazes, and other ceramic materials. Class limit 8.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Oct 4, 11, 18, 25 Nov 1, 8, 15, 22	Thurs. 6-8pm	Emily Nickel	Clay Center 123 N Broadway	\$70

## Pasta Making

Description: Learn how to make pasta from scratch and then enjoy your creations as an Italian dish with all the flavor of Italy. Limited to 10 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
October 7	Sun 2-4:30pm	Chef Robert Carrington	Pom Italian 224 S Broadway	\$15

## Sushi and Rolls

Description: Learn the delicate art of preparing sushi, rolls and other Japanese specialties and then savor every bite. There may be sake for those over 21. Limited to 10 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 14	Sun 2-4:30pm	Chef Robert Carrington	Pom Italian 224 S Broadway	\$20

## Furniture Refinishing

Description: We will go through all aspects of bringing your treasures back to life. First class we will evaluate all projects and go over supplies etc. Beginner students - strip, glue, and refinish project's only. No repairs. Advanced students you know the drill. Call and clear projects with Mark @ 406-598-8768.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 15, 22, 29 Nov 5, 12, 19 Oct 16, 23, 30 Nov 6, 13, 20	Mon OR Tues 6-8pm	Mark Smith	Roosevelt School Cafeteria 413 S. Oakes	Depends on Project

***Interested in teaching a class?***

**Contact Kandy Aleksich for more information: 406-425-0855**

## Meditation

Description: Guided group meditation. Each of the 5 sessions are independent of each other – come one or all 5. You will be allowed time for silent contemplation after the voice led journey to inner peace. Join us and add a little quiet reflection to your day.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 1, 3, 10, 15, 17	Mon & Weds 12:15-12:45	Joyce Phillips	Omsteading Studio 224 S Broadway	\$10

## Reiki Level I

Description: Reiki is a relaxation technique used to facilitate healing. This class will introduce you to the practice of Reiki and will be led by certified Reiki Master-Teacher Joyce Phillips, who has been practicing and sharing Reiki since 2004. Upon completion of class requirements, you will receive your Reiki Level I certification. Class limit 6.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 14	Sun 10-4pm	Joyce Phillips	Omsteading Studio 224 S Broadway	\$10

## Yoga Basics: Poses & Breath

Description: Each class is dedicated to learning basic breath and meditation practices as well as yoga postures and pose "families" for better health, comfort and vitality. Learn to do foundational postures and their benefits. Perfect for beginners or someone wanting to gain more depth of knowledge into developing a practice. You will complete this course with an understanding of how you can build your own home practice and continue practicing yoga on your own. Studio fee paid directly to instructor. Limited to 15 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24	Weds 7-8pm	Sarah Rusell	Omsteading Studio 224 S Broadway	\$15

## Learn the 7 Chakras

Description: Learn the basics of the 7 Energy Centers in your body known as Chakras. Discover how to balance your energy centers using a variety of techniques. Class limit 6.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 21	Sun 10-4pm	Joyce Phillips	Omsteading Studio 224 S Broadway	\$10

## Qigong & Healing Sounds

Description: We will explore breathing techniques, the use of sound, gentle movement, and meditation to cleanse, strengthen, and circulate the life energy (qi). Wear comfortable clothing, and flat shoes. For more information, call Val Smith 406-671-6290

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Oct 4, 11, 18, 25 Nov 1, 8	Thurs 6-7:15	Val Smith	Roosevelt School 413 S. Oakes	None

## Yoga & Meditation

Description: All levels yoga! Create an evening routine of yoga to help your strength, gain flexibility, relax your body, soothe your soul and calm your mind! You will learn what yoga entails through experiencing asana, pranayama and meditation. Studio Fee to be paid to instructor. Class limit 15.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24	Weds 7-8pm	Sarah Rusell	Omsteading Studio 224 S Broadway	\$15

## Strong by Zumba

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Description: Strong by Zumba combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every move. Burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks or interchanged with lunges, squats, and kickboxing. Please arrive 5 minutes early. Limited to 12 students. Call Sam 406-855-9024.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 1, 8, 15, 22, 29 Nov 5	Mon 5:15-6:15pm	Sam Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

## Fitness Training

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Description: Learn different ways to workout and make your fitness goals a reality while having fun. Each class will include a workout and some light yoga stretching to make you feel your best. You will experience the following types of workouts in different ways while learning what each one means and how it supports your fitness goals: HIIT, Tabata, Body-Weight Resistance, AMRAP, Gladiator, Metabolic Cardio vs Weight, Aerobic & Anaerobic, Heart Rate Training and Muscle Grouping. You will leave this course with an arsenal of workouts you can do from home or the gym. Supply fee paid directly to instructor. Limited to 10 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 2, 4, 9, 11, 16, 18, 23, 25	Tues & Thurs 6:15-7am	Sarah Russell	Omsteading Studio 224 S Broadway	\$25

## Zumba

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Description: Ditch the workout and join the party! Dance experience is NOT required, just move your body and follow my lead. Tonya has 20 years teaching folk dancing, Irish step dancing and Scottish Highland dancing. This course follows rhythms of Zumba, with a little Celtic, Balkan, & folk rock infusion. Bring a water bottle, athletic shoes, and comfortable workout clothes to move in.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 2, 4, 9, 11, 15, 18, 23, 25	Tues & Thurs 5:30-6:30pm	Tonya Henry	Roosevelt School Cafeteria 413 S. Oakes	None



## Contra Dance

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Description: Contra dance is a form in which dancers first form two parallel lines. The dancers then form sets of two couples and dance one time through the dance before each couple moves to a new couple and form a new set to repeat the dance. Bring a partner or find a partner at the dance as all are welcome and partners change frequently. No experience necessary. Since couples progress to form new sets, at least 8 people are needed for the class. Questions, call 446-2657.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24 Nov 7, 14	Weds 7-8:30pm	Bob Holman	Roosevelt School Cafeteria 413 S. Oakes	None

## Country Western Dance

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Description: Country Western Dance (couple-dancing) will be taught by former dance competitors Sharon Luloff and Robert Haskins. The class is beginner-level (or refresher) couple dancing but a partner is not necessary to register. The basics and more of two-step, waltz, east-coast swing and cha-cha will be taught. Call Sharon 861-3649.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 2, 9, 16, 23, 30, Nov 6	Tues 7-9:00pm	Sharon Luloff	Bull & Bear Ball Room	None

## Beginning Spanish

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Description: Want to travel but would like the basics first? It's been so long, you don't remember anything you learned? This class will benefit you! Expand your brain while having fun!!! \*Make sure to read the intermediate description to make sure you are enrolling in the appropriate class. Limit 15 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 23, 24, 25, 30, 31 Nov 1	Tues, Weds, Thurs 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

## Knitting 101

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Description: Learn the basics of knitting including how to read a patten and understanding terms. The class project is a hat. Please bring 2 skeins of light colored knitting worsted yarn 200 yards each, 2-16" size 6 circular knitting needles, size F crochet hook, stitch markers, 3" stitch holders, cloth or flexible tape measure, yarn needle, small scissors, 3 ring binder and pen or pencil. Please join me for this fun class!

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 5, 12, 19, 26 Nov 2, 9	Fri 10:30-12:30pm	Judy Morseman	Senior Center	None

## Intermediate Bridge

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Description: Students must know the rudiments of Bridge: point values and requirements of opening bids and responses. Emphasis will be on play of hands.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 4, 11, 18, 25 Nov 1, 8	Thurs 10:30-12:30	Barb Ostrum	Senior Center	None

## Intermediate Spanish

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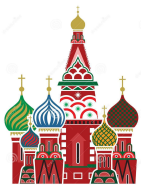
Description: Used to speak Spanish, have a solid base, but never have the opportunity now and want a refresher? This class will benefit you! Expand your brain while having fun!!! I'll take this class where you want it to go. \*\*This class will play with conversational Spanish, past tense verbs, reflexive verbs, and various other grammatical entanglements via practice, reading, writing, and games. It is not for first timers. Limit 15 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Nov 6, 7, 8, 13, 14, 15	Tues, Weds, Thurs 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

# Russia: from Birth to Putin

Description: 7 lectures based on the instructors experience in Russia. The lectures will cover the following:

- 1)Attending Leningrad State University 1971, Instructors experience attending Leningrad University during the Cold War.
- 2)Tsarist Russia: 930 AD – 1905, contrasting the evolution of Russian and Western civilization.
- 3)The Fall of the Soviet Union, how and why did the Soviet Union collapse in 1991?
- 4)The 1990's: Institutional Collapse and Rise of the Oligarchs, how and why did Russia's attempt to adopt Western economic and political institutions in the 1990's fail so spectacularly?
- 5)The House of Putin, How did Vladimir Putin rise to power and what was his strategy?
- 6)Russian Cyber Warfare, a detailed examination of Russia's cyber warfare capabilities and the forensics underlying the compromise of our 2016 presidential election.
- 7)Active Measures, how Putin adapted the perfect Soviet-era spy craft and propaganda for the internet era.



Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 1, 8, 15 22, 29 Nov 5, 12	Mon 7-8pm	Randy Dragon	Roosevelt Middle School 413 S. Oakes	None