

All About U Series Registration Form

Mail or visit: JCC's Center for Continuing Education
Carnahan Center
P.O. Box 20, Jamestown, NY 14702-0020

Call: 716/338-1005

Please register me for:

- DIY Home Repair: You Can Do It! CRN B4657
- Shed Building for Beginners CRN B4658
- Getting All the Credits You Deserve CRN B4655
- Essential Oils CRN B4636
- Candle Making CRN B4642
- Recognizing Spirit Contact CRN B4640
- Meditation – Part 2 CRN B4758
- Painting with Acrylics CRN B4639
- Draw Right CRN B4634
- Draw Right - Part 2 CRN B4638
- Numerology and You CRN B4641
- Working With Spirit Guides CRN B4643

Please give first name, middle initial, and last name.

*Name _____

*SS # _____ or *DOB _____

*Home Address _____

*City _____ *State _____ *Zip _____

*Daytime Phone _____

*Payment Method:

- Check Enclosed (Payable to JCC)
- **Credit Card (in person or over the phone ONLY)

Payment MUST Accompany ALL Registrations

(* Registration cannot be processed without this information.

** For personal security purposes, JCC has adopted a policy that we will no longer accept credit card payments via fax or mail. You are welcome to call (716) 338-1005 or stop in person to the Carnahan Center if you are paying by credit card. Thank you for your understanding.

Jamestown Community College does not discriminate on the basis of color, sex, sexual orientation, race, creed, national origin, age, marital status, veteran status or disability. This policy applies to access to all activities and programs under the college sponsorship as well as to application and selection for admission, employment, and all other personnel procedures within the college.

About the Series:

We're excited to bring you, our community, a continuation of our *All About U* Series which is composed of unique, brand new, and personally enriching classes that have never been offered before.



Your Presenters:

Kerri Brown - Began candle making five years ago and has been using essential oils for three years. She uses both her candle making and essential oils knowledge to make products for herself as well as gifts for friends and family.

Kelly Dawson - Certified Public Accountant (CPA), Kelly has a B.S. in accounting from SUNY Fredonia and taught business administration courses for both Jamestown Community College and Jamestown Business College.

Ed Hanson - Graduate from Buffalo State College and certified to teach visual art. He has also owned a construction business and worked as a carpenter for 25 years.

Ronald Robertson - Retired from the banking industry after 23 years, Ron was the site manager with Bradmar Village for 24 years and is a member of the International Ghost Hunters Society.

Kris Seastedt - Associate Spiritualist Minister and Metaphysician trained in Lilydale, NY. She brings humor and compassion to show her class the necessity of meditation in balancing your life, and just how easy it can be.

Willa White - Registered medium, spiritual healer, and lecturer at Lily Dale and is featured as a personally recommended medium on James Van Praagh's website.

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JAMESTOWN COMMUNITY COLLEGE
JAMESTOWN CAMPUS

525 Falconer Street
P.O. Box 20
Jamestown, NY 14702-0020



Back By Popular Demand!

**Spring 2010 Courses on
the JCC Jamestown
Campus**

JCC's Center for Continuing Education is pleased to bring you twelve brand new topics of personally enriching classes to help you get the most out of your life and thoroughly enjoy yourself while you are doing it!

Presented by:

The Center for Continuing Education

"Learning for Life"



All About “U” Series

DIY Home Repair: You Can Do It!

Saturday, Mar. 20, 2010 10 a.m.-1 p.m. COCE ArtWorks (upper) \$40 Ed Hanson CRN B4657

Attention homeowners and renters - doesn't there always seem to be a routine repair or project you'd like to conduct but don't know where or how to start? Come spend the afternoon to learn how to make some basic repairs around the house: whether it's fixing that leaky faucet; patching a hole in the wall; or how to properly replace a broken window. Hands-on instruction offered in plumbing, wall repair, and window glazing. Other topics for discussion include using the right tools to get the job done, leaky pipes, and other things you may encounter and be able to fix without calling a repairman. Spring is coming. Don't put those projects off, learn how to do them and do them right!

Shed Building for Beginners

Saturday, May 15, 2010 9:30 a.m.-4 p.m. CARN 120 \$75 Ed Hanson CRN B4658

Wouldn't it be great to have some extra storage space on your property and have the know-how to build it? Come learn construction basics, take part in the design and planning process, then put your knowledge to use to build a functional utility shed. At the end of the class we'll conduct a drawing for one lucky apprentice to take home the finished project! This class is for beginners or those with minimal builder's experience. Please bring a hammer, tape measure, safety goggles, and work gloves. Dress appropriately as the hands-on activity will be outside.

Getting All the Credits You Deserve – and Other Things You Should Know Before Filing Your Taxes

Monday, Feb. 8, 2010 6-7:30 p.m. CARN Multi-A \$10 Kelly Dawson CRN B4655

Ah, it's that time of year again – time to file your taxes! Before you begin do know you about the current tax credits and other items for 2009 and if they would apply to you? From January – December 2009 did you attend college, purchase any new Energy Star® appliances or car, conduct any home improvements or purchase a home as a first time home-buyer? Come learn and discuss with a certified CPA about these and other tax credits available for 2009 that could assist with putting hard earned money where it belongs, back in your pocket!

Essential Oils

Tuesday, Feb. 9, 2010 6-9 p.m. CARN Multi-A \$39 Kerri Brown CRN B4636

Are you looking for a unique gift for Valentine's Day? Would you like to learn more about the healing properties essential oils provide? If so, then take this class where participants will learn about the history and therapeutic benefits of essential oils. You will learn how to make massage oil and a bath soak using essential oils. What a wonderful gift to give to someone you care about!

Candle Making: A Gift From the Heart

Tuesday, May 4, 2010 6-9 p.m. CARN Multi A \$39 Kerri Brown CRN B4642

Mother's day is a wonderful occasion to remember Mom who means so much and what better way than with a gift you've made. Participants taking this class will discover how easy it is to design your very own container or molded candles by learning the basics. This class will cover what types of candles you can make, what materials are needed, as well as the techniques used. A heart-shape container candle will be created in class to take home as your own or give as a gift!

Recognizing Spirit Contact

Thursday, Apr. 29, 2010 6-8 p.m. CARN Theater \$29 Willa White CRN B4640

Would you like to recognize the ways your loved ones in Spirit are communicating with you? Do you receive signs or other communication from them already and want to understand them more? Then this is the class for you. Join us for a lively evening of looking at the ways the "dead" communicate with us as well as learn techniques that can foster contact. You may be your own best medium!

Meditation for the A-Type Personality – Part 2

Wednesday, Feb. 3, 2010 6-8:30 p.m. CARN 123 \$25 Kris Seastedt CRN B4758

Building on the Meditation for the A-type Personality class, this course is a continuation with a focus on participants experiencing a deeper form of meditation that will help them infuse suggestions and thought processes into their life. Whether its concentration, relaxation, or self-affirmations, we will help you feel empowered in the areas of your life that you wish to enhance! Please wear comfortable clothes. In order to take this class, it's helpful if participants have taken the Meditation for the A-Type Personality class or have some experience with meditation.

Painting with Acrylics

Tues./Thurs., Mar. 9-18, 2010 6-7:30 p.m. CARN Multi B \$49 Ed Hanson CRN B4639

Are you someone who likes to paint and wants to improve your skills, or someone who has always wanted to paint, but never thought you could? If you answered yes, then take this course which is designed for beginners of almost any age. Anyone and everyone can enjoy learning and developing their painting skills. Class will cover areas from color mixing and stretching canvas to painting from photographs and still life arrangements. Participants are asked to bring the following to class: a sketch pad. Additionally, at the first class participants will be given a list of paints they need to purchase.

Draw Right (Right Brain Drawing)

Tues./Thurs., Feb. 2-11, 2010 6-7:30 p.m. CARN Multi B \$45 Ed Hanson CRN B4634

Are you someone who likes to draw and wants to improve your skills, or someone who has always wanted to draw, but never thought you could? If you answered yes to either question, then take this course which is designed for beginners of almost any age. Anyone and everyone can improve and develop their drawing skills if they learn how to connect with the right side of their brain. Based on methods in the book by Betty Edwards, students learn to switch to right brain thinking through exercises in order to open up their hidden talents. Participants are asked to bring the following to class: 9" x 12" pad (or larger) of drawing paper.

Draw Right (Right Brain Drawing) - Part 2

Tues./Thurs., Feb. 16-25, 2010 6-7:30 p.m. CARN Multi B \$45 Ed Hanson CRN B4638

A continuation of the first class, this is designed for beginners to improve their drawing skills by learning how to connect with the right side of their brain. Based on methods in the book by Betty Edwards, you will learn to utilize right brain skills in portrait drawing, still life, and linear perspective, in order to develop your artistic expression. Participants are asked to bring the following to class: 9" x 12" or larger pad of drawing paper. It's helpful, but not mandatory, if participants have taken the Draw Right class.

Numerology and You

Wednesday, Apr. 21, 2010 6-9 p.m. CARN 120 \$35 Ronald Robertson CRN B4641

There are some people who believe that part of our personality and what makes us who we are can be explained by using numbers. Participants taking this class will explore numerology, which is the philosophy and psychology of numbers. It is an ancient method which can help you to understand more about life – past, present, and future. In numerology, personality characteristics are contained or explained by using the numbers 1 to 9 as each number has its own set of characteristics. Psychology offers one way of understanding your personality: numerology gives you another way to do this. Check this class out to learn more!

Working With Spirit Guides

Thursday, May 6, 2010 6-8 p.m. CARN Theater \$29 Willa White CRN B4643

Do you want to learn to be better attuned to your spirit guide? If so, then take this class which is an excellent introduction to spirit guides - their nature, their purpose in our lives, our relationship to them, and what to expect. Participants will learn how to meet and interact with their spirit guides, practice sensing their spirit guides and receiving guidance from them, understand the ways they enrich our lives, and discover how their spirit guides are working with them on their spiritual path.

The complete non credit schedule: www.sunyjc.edu/continuinged