

New! Parenting Tools for a New Generation

1 Day 18+ yrs



Parenting is people-making. Every parent has experienced deep and overwhelming feelings of frustration and sometimes even anger. Together, we will learn tools to help you meet your needs and the needs of your children. We will focus on what lies beneath your child's behavior and make conscious choices to connect with empathy and strengthen family bonds. Topics include: emotional intelligence/literacy, brain development/child development, connection/empathetic communication, setting limits, and anger. (This class is for adults. Please, no children although babes-in-arms are welcome.) \$2 material fee payable to instructor.

Location: Meeting Room
Instructor: Tova Pustl **Fee:** \$98
Class **Day** **Time** **Dates**
 2045-30 Tues 9:30-11:30am 7/6-7/27
 2045-31 Thurs 6:00-8:00pm 7/8-7/29

▲ Meet Our New Instructor:

Tova Pustl is a certified Parent Educator and mother of two school-aged boys. Tova found her true passion upon becoming a parent; connecting with her children and helping others find that family connection. Tova takes a realistic approach to parenting, realizing that each and every day of parenting brings us unexpected challenges. She aims to share information and create a community of support for parents, family, and caregivers.



Rancho Del Rio Stables

Location:
 1370 S. Sanderson Avenue, Anaheim
 (next to the Honda Center)

Instructor: Cheryl Skidmore



Horse Fun for Kids

4 Weeks **7-12 yrs**
 This is a basic introduction to horsemanship. Learn basic groundwork including leading a horse, grooming, help pick-a-hoof, help tack-up difference between English and Western mount and dismount & how to ride. Wear closed toe shoes and bring a bicycle helmet. Please do not bring unregistered siblings. \$20 supply fee payable to instructor.

Fee: \$55
Class **Day** **Time** **Dates**
 1249-30 Sat 2:00-3:00pm 7/10-7/31



Horse Fun for Tiny Tots

4 Weeks **3-6 yrs**
 Join us for a morning of fun with horses! We'll learn to communicate with horses through haltering, leading, grooming, and beginning riding techniques. Long pants and low-heeled, closed-toe shoes required. Bring a bicycle helmet. Parent participation required. Please do not bring unregistered siblings. \$20 supply fee payable to instructor.

Fee: \$55
Class **Day** **Time** **Dates**
 1250-30 Sat 1:00-2:00pm 7/10-7/31

How to Sell on eBay

2 Weeks **18+ yrs**
 Everyone has lots of stuff in closets, drawers, garages and paid-for storage areas! Instead of holding onto things you don't use or need, why not make some money and maybe even help others clear out their stuff at the same time? Selling on eBay is easy once you know the tricks of the trade. Students will learn how to organize, categorize, price items, write posts, and how to set-up an account. You will leave class with a complete understanding of the process and best practices for selling on eBay.

Location: Meeting Room
Instructor: Frances Greenspan **Fee:** \$65
Class **Day** **Time** **Dates**
 2477-30 Thurs 6:30-8:30pm 8/5 & 8/12

How to Buy on eBay

1 Day **18+ yrs**
 With the economy the way it is, everyone is trying to save money wherever possible. With eBay, you can get the same items you're looking for, but pay less (sometimes for pennies on the dollar). Do you care if someone else owned it first? It may still have the original sealed packaging and original tags attached (NWT=New with Tags). Think of eBay as a giant garage sale ... someone else's stuff is your treasure! They received the item as a gift and don't really care for it - now is your chance to purchase it at a discounted price.

Location: Meeting Room
Instructor: Frances Greenspan **Fee:** \$39
Class **Day** **Time** **Date**
 2478-30 Tues 6:30-8:30pm 7/6

Social Networking for Beginners

1 Day **18+ yrs**
 Facebook, Twitter, LinkedIn, and Blogs have changed how people are using the Internet. In this fun-filled program you'll learn what social networking is, what the different tools are and how and why to use them to your best advantage. Whether you want to stay in touch with family and friends or learn how to leverage social networking for your business, you'll get an understanding of these exciting tools and how each one differs and can be used to its best advantage. \$20 supply fee payable to instructor.

Location: Lounge
Instructor: Bob Cohen **Fee:** \$38
Class **Day** **Time** **Date**
 2029-30 Thurs 6:30-9:30pm 7/22

Improving PC Performance

1 Day **18+ yrs**
 Speed up your personal computer and keep it free of spyware, virus software, and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 supply fee payable to instructor.

Location: Lounge
Instructor: Bob Cohen **Fee:** \$38
Class **Day** **Time** **Date**
 2028-30 Thurs 6:30-9:30pm 7/15

Fun for All

Creating Community Through People, Parks and Programs!





Fun for All

California School Notary Public

1 Day

18+ yrs

Become a California State Notary Public. California needs additional professional Notaries! This class will provide the new or previously commissioned Notaries with the education and skills to pass the state proctored examination, detect fraud, and become successful in a new career. Commissioned Notaries may take this course six months prior to their commission expiration date. There is a growing need for notaries in the expanding financial, real estate, business and law professions. Become a valuable employee or own your own business. This class exceeds the State qualifications for new applicants and notaries that are renewing their commissions. Students will receive a State approved Certificate of Completion for the class. Please note: this class is for California residents only. **There is a \$45 lab fee payable to instructor at class. Students interested in taking the exam, will also need to have a \$40 check payable to the Secretary of State. The State proctored notary examination will be administered from 4:30-5:30pm the day of class.**

Location: Seal Beach Senior Center, 707 Electric Avenue
Instructor: Betty Bosley **Fee:** \$72
Class **Day** **Time** **Date**
 2038-30 Saturday 8:00am-5:30pm 7/31



Dog Manners "Crash Course"

4 Weeks

9+ yrs

Geared for people who need to accomplish their training goals and get behavior problems under control NOW! Exercises include: sit and down on command, stay, sit or down position with distractions, come when called and controlled walking on a leash. For dogs 4 months+ with current vaccinations. Please pre-register and you will be contacted regarding what to bring to first class (Dogs are to be brought to every class). \$5 insurance fee payable to instructor at first class meeting.

Location: Arnold/Cypress Park, 8611 Watson Street, Cypress (located just South of Crescent between Moody & Walker.

Instructor: Khara Knight **Fee:** \$66
Class **Day** **Time** **Dates**
 2214-30 Sat 11:00-12:20pm 7/10-7/31

Dog Obedience Training

8 Weeks

9+ yrs

This course, for all breeds of dogs ages 6+ months and older, will introduce your dog to all basic obedience exercises, (heel, sit, stay, come, down, stand) and advice on correcting behavior problems (destructive chewing, jumping up, etc.). **First class meeting held without dogs** in Los Alamitos Community Center (10911 Oak St.) otherwise all other classes will be held at Laurel Park – corner of Katella & Bloomfield in Los Alamitos. \$5 insurance fee payable to instructor at first class meeting.

Instructor: Marie Charpentier **Fee:** \$76
Class **Day** **Time** **Dates**
 2215-30 Thurs 6:30-7:30pm 6/24-8/12

Puppy Kindergarten

6 Weeks

9+ yrs

Start your puppy out on the right paw! Class is designed for young puppies (2-5 months of age) and will include socialization exercises, introduction of basic commands, and discussions on various puppy-care topics, such as housebreaking, teething problems, health care pointers, etc. **First class meeting is held without dogs.** \$5 insurance fee payable to instructor at first class meeting.

Location: Boisseranc Park in Buena Park located on Dale Street 2 blocks north of La Palma
Instructor: Khara Knight **Fee:** \$65
Class **Day** **Time** **Dates**
 2216-30 Thurs 7:30-8:30pm 6/24-7/29

CPR for Adults, Infant & Child

1 Day

16+ yrs



Designed to teach both the lay person and professional how to initially respond to cardiac or respiratory arrest. Learn single rescuer CPR for adult, child and infant as well as foreign object removal techniques for airways. \$10 first aid manual fee paid to instructor.

Location: Lounge /Craft Room
Instructor: Jack Griswold **Fee:** \$24
Class **Day** **Time** **Date**
 2254-30 Sat 8:00-11:00am 7/24

First Aid

1 Day

16+ yrs

Learn to respond to and assess an injury or illness. Topics include vital signs, bleeding, burns, fractures, heat and cold emergencies, strokes, and seizures. You will receive state and nationally-recognized E.M.S. first aid card and certification. \$10 first aid manual fee paid to instructor.

Location: Lounge /Craft Room
Instructor: Jack Griswold **Fee:** \$24
Class **Day** **Time** **Date**
 2253-30 Sat 11:00-2:00pm 7/24

Beginning Guitar

6 Weeks

9+ yrs

This class is designed for the beginner and will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar.

Location: Lounge
Instructor: Jim Fagen **Fee:** \$74
Class **Day** **Time** **Dates**
 1915-30 Thurs 5:30-6:30pm 6/24-7/29

Intro to Improv Comedy

4 Weeks

18+ yrs

This fun, fast-paced workshop is for all levels and focuses on characterization and spontaneity through improvised scenes and games. Emphasis is on a creative, supportive environment, making strong choices and increasing confidence.

Location: El Dorado West Social Hall 2800 N. Studebaker Rd., Long Beach
Instructor: Darren Held **Fee:** \$60
Class **Day** **Time** **Dates**
 2040-30 Tues 7:15-9:15pm 6/22-7/13
 2040-31 Tues 7:15-9:15pm 8/10-8/31

Improv Comedy, Level II

6 Weeks

18+ yrs

For those with some improv experience, or that have taken the Intro course. This high-energy class concentrates on developing relationships and strong characters in Improv comedy scenes. Limited to 14 students, so register early! **No class 8/5.**

Location: Recreation Park Social Hall 4900 E. 7th Street, Long Beach
Instructor: Darren Held **Fee:** \$100
Class **Day** **Time** **Dates**
 2041-30 Thurs 8:15-10:15pm 6/3-7/8
 2041-31 Thurs 8:15-10:15pm 7/15-8/26

Supersitters! Babysitting Smarts

1 Day

11+ yrs

This is a great common sense course designed for anyone caring for children. Students will have a quick review of basic CPR and first aid. Learn emergency preparedness and safety proofing as well. Learn to be a super-sitter! \$6 materials fee payable to instructor.

Location: Lounge
Instructor: Jack Griswold **Fee:** \$31
Class **Day** **Time** **Date**
 1229-30 Mon 3:00-5:00pm 6/14