

“The Delta’s Link to Lifelong Learning”



November/
December 2010

Continuing Studies News

Welcome from the Coordinators

Learning is truly a gift we can continue to give ourselves. Whether it is for pure entertainment, personal enrichment or to develop a new skill, Delta state’s Continuing Studies division has something for you. We are a lifelong learning division with a mission to help individuals, groups or communities grow. Thank you for choosing Continuing Studies for your learning experience. We look forward to seeing each of you in a class.

Elizabeth Joel and Marilyn Read

Winter Ski Trip to IDAHO- January 2-8, 2010

Are you looking for an amazing way to spend some time after the holidays?

Join us for an active, adventurous ski trip to Schweitzer Mountain in Sandpoint, Idaho. Participants will enjoy 6 nights on the mountain at Selkirk Lodge and 5 days of winter recreation. Todd Davis, a Delta State instructor, will lead interactive group lessons on Snowboarding, Nordic Skiing, snowshoeing and much more. Cost includes lodging, instruction and materials.

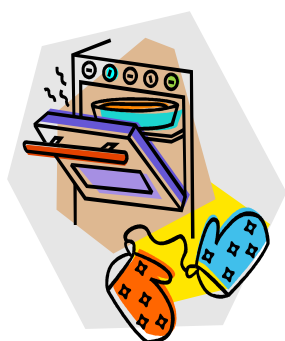
CALL NOW to RESERVE your PLACE. Space is limited.

**Non Credit/
Community Member
pricing is available.**



**DELTA STATE
UNIVERSITY** 

Adult Personal Enrichment Classes



Are you tired of the same "traditional" side dishes every holiday season? Join us for

Lunch 'N Learn: Unique Holiday Side Dishes.

Along with a delicious lunch, there will be a demonstration of preparation, useful tips, and recipes to take back to your kitchen.

Date: Friday, November 12, 2010 **Time:** 12 Noon
Location: Ada Swindle Mitchell Food Lab Ewing Building
Cost: \$15 per person or \$25 for two

HOLIDAY DAZZLE FOR THE HOME

The beauty and festivity of the holiday season is quickly arriving. Unsure of how to create this atmosphere? Join us for two hour session designed to help you enhance your home décor for the holidays.

Contact Us at 662-846-4871 for class details



MEET OUR FITNESS INSTRUCTORS



Don't let the holidays get you down...Grab your fitness gear and join Gloria Brister for Cardio Burn & Firm, Quick Fit Cardio, Firm Fitness Ball, or Yoga/Pilates. Ms. Brister, Chair of Speech and Hearing at DSU, has been a instructing fitness classes for Continuing Studies since 2004. She guarantees a healthy workout regardless of your fitness level.

Cost: \$35 per month per class

Fitness Corner

| | | |
|---------------------|------------|----------|
| Cardio Crosstrain | Tues/Thurs | 5:30 pm |
| Cardio Burn & Firm | Mon/Wed | 5:30 pm |
| Firm Fitness Ball | Tues/Thurs | 12:00 pm |
| Yoga/Pilates | Mon/Wed | 12:00 pm |
| Water Aerobics | Mon/Wed | 9:00 am |
| Water Aerobics | Mon/Wed | 10:00 am |
| Water Aerobics | Mon/Wed | 12:00 pm |
| Indoor Cycling | Mon/Wed | 12:00 pm |
| Indoor Cycling | Mon/Wed | 5:15 pm |
| Indoor Cycling | Tues/Thurs | 12:00 pm |
| Fitness for Seniors | Mon/Wed | 9:00 am |
| Fitness for Seniors | Tues/Thurs | 9:00 am |
| Karate | Tues/Thurs | 6:30 pm |



Creative Children's Corner

MINI MERRY MAKERS



Each child will create several age appropriate handmade treasures to enjoy for years to come!

Date: Wednesday, December 1
Time: 3:15— 5:15 pm **Ages:** K3—K5
Place: Wright Art Gallery Room 111
Cost: \$25.00

Art for the HOLIDAYS

Just in time for the holiday season, a one day workshop opportunity for creative young artists. Each child will create one of a kind holiday art for decorating your home or gift giving.

Date: Thursday, December 2
Time: 3:30— 5:30 pm **Ages:** Grades 1-6
Place: Wright Art Gallery Room 111
Cost: \$25.00



Kids In The Kitchen: Creating Gingerbread Houses



Constructing a gingerbread house is a fun and delicious tradition. Pre-assembled gingerbread houses will be ready for your child to bring to life with unique decorations.

Date: Saturday, December 4
Time: 9:00— 11:00 am **Ages:** Grades 1-6
Place: Ada Swindle Mitchell Food Lab in Ewing Hall
Cost: \$25.00

DOUGH RE ME

Does your child enjoy creating a "masterpiece" with dough? Join us as we prepare and decorate baked goods such as sugar cookies, cake pops, sucker molds, etc.

Date: Thursday, December 9 **Time:** 3:30-5:00pm
Ages: Grades 1-6 **Cost:** \$20.00
Location: Ada Swindle Mitchell Food Lab in Ewing Hall



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TOP FIVE Reasons You Should Take a Continuing Studies class at DSU

5 Better than staying home to watch re-runs

4 Best way to succeed in keeping one of your New Year’s Resolutions

3 It’s time to retire your home work out videos. Try one of our many exercise classes

2 Our classes make GREAT gifts for your significant other.



#1 You might LEARN SOMETHING



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