

# Adult Programs

## Yoga for the Beginner

Want to try a new and fun activity? This 6-week session is designed to introduce the basics of yoga/breathing techniques leading to better relaxation and overall health. A non-competitive and great experience for the whole family! Yoga may help with high blood pressure, arthritis, low back pain, and obesity if done consistently over time with practice. Come and enjoy better health!

Instructor: Tanesh Revankar

**Fee:** \$50.00 per session

### Session I

Class Code: 121752-01  
Date: April 7 - May 12  
Day: Wednesdays  
Time: 6:00 - 7:00PM  
Location: The Cellar

### Session II

Class Code: 121752-02  
Date: June 5 - July 10  
Day: Saturdays  
Time: 10:00 - 11:00AM  
Location: Peterson Park

### Session III

Class Code: 121752-03  
Date: June 2 - July 7  
Day: Wednesday  
Time: 6:00 - 7:00PM  
Location: Peterson Park



## Scherenschnitte

Scherenschnitte is the art of hand cut paper designs. Our instructor, Cynthia Deitch has 20 years experience in the art of paper cutting. German, Swedish, and Polish styles are included. Participants will learn the beginning techniques of this beautiful art form. Ages 18 and older.

There are three different sessions being offered, but you may sign up for all three sessions and build upon your knowledge & skill.

**Fee:** \$15.00 per session *\*includes patterns & cardstock*  
*\*Bring an Exact-O knife with #11 blade and a self healing cutting mat.*

**Day:** Saturday

**Time:** 1:00-3:00PM

**Location:** Moline Garden Center  
3400 5th Avenue - Moline, IL

### Session I

Class Code: 421001-01  
Date: April 3

### Session II

Class Code: 421001-02  
Date: April 10

### Session III

Class Code: 421001-03  
Date: April 17

## 'Ditch the Drive Thru' - Cooking Classes

*Fun in the kitchen with the "Grateful Gourmet"  
Terry Ledbetter*

No time to make dinner? Ditch the drive thru and eat take out at home! Easy cooking in minutes. Learn how to be prepared and feast at a low cost. Try delicious and simple recipes. Come hungry & leave with priceless information!

*\*All classes will be held at the Moline Activity Center  
(MAC)  
620 18th Street - Moline, IL*

### "We're Doing Chicken"

**Code:** 122000-01  
**Date:** March 24  
**Fee:** \$17.00  
**Time:** 6:00PM - 7:30PM

### "Italian"

**Code:** 122000-02  
**Date:** April 21  
**Fee:** \$17.00  
**Time:** 6:00 - 7:30PM

### "Home Cooking"

**Code:** 122000-03  
**Date:** May 19  
**Fee:** \$17.00  
**Time:** 6:00PM - 7:30PM

### "No Oven"

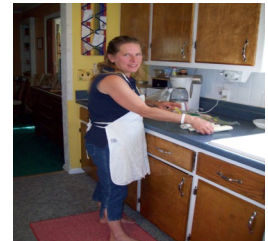
**Code:** 122000-04  
**Date:** June 16  
**Fee:** \$17.00  
**Time:** 6:00 - 7:30PM

### "Mexican"

**Code:** 122000-05  
**Date:** July 21  
**Fee:** \$17.00  
**Time:** 6:00PM - 7:30PM

### "Breakfast for Dinner"

**Code:** 122000-06  
**Date:** August 18  
**Fee:** \$17.00  
**Time:** 6:00 - 7:30PM



## Paint for Pleasure Oil Painting

*Find your inner Picasso!*

Willie Swain teaches oil painting at the MAC on Monday evenings from 4:30 - 7:30PM and Tuesdays from 5:30 - 8:30PM.

All daytime painting classes are held on Tuesdays, Wednesdays, and Thursdays from 10:00AM - 12:30PM and 12:30 - 3:00PM at the Moline Garden Center.

*\*Call Willie at 797-5153 for pricing and availability.*