

# Clark college offers mature learning program

Art, digital photography, health and vigor, classic movies, and an assortment of trips and outings are all part of the Mature Learning Program offered this spring and summer in the Clark College continuation education program.

The college's Mature Learning Program is designed for people age 55 and older. Classes provide opportunities for learning, exchanging ideas and socializing with others. In addition, educational tours and day-long events to art museums and places of cultural interest are offered.

Art classes begin in late June and continue through July. Six classes include:

\*\* Watercolor Sketching on Location, Wednesdays, 1:10-4 p.m. No experience necessary. \$39.50 plus supplies.

\*\* Aqueous Media, Mondays, 1:10-4 p.m. Acrylics on paper and canvas. \$39.50 plus supplies.

\*\* Art: Tuesdays in the Gorge with Susan, Tuesdays, 9-11:50 a.m. Pigma pens, watercolors, more. Carpools to a variety of locations. \$39.50 plus supplies.

A one-day class on photographing flora, fauna and landscapes with a digital camera is set for Tues., June 27, 9 a.m.-2:30 p.m. Bring own camera and equipment. \$45.

Six classes on health and vigor are included in the line up, all beginning in late June and continuing until about Aug. 1. They include:

\*\* Healthy Heart, an exercise program to lower the risk of heart disease, Mondays and Wednesdays, 6:35-7:50 a.m. \$55.

\*\* Yoga, exercise to relieve stress and prevent falls with balance, strength, flexibility. Tuesdays and Thursdays, 3:10-4 p.m. \$39.50.

\*\* Dancing for Fitness, Tuesdays and Thursdays, 4:10-5 p.m. Elements of dance integrated into an aerobic session. No partner required. \$39.50.

The program includes two classes on classic movies, both Thursdays, 3:15-6 p.m. One class focuses on "Which is Better: the Book or the Film?" Film selections date from

*Doctor Zhivago* in 1965, to *The Joy Luck Club* in 1993. Popcorn, drinks. \$15-24.

A trip to newly-reconstructed Fort Clatsop is set for Wed., June 28, 8 a.m.-6:30 p.m., archaeological techniques. Coach transportation. Bring own lunch. \$65.

An astronomy professor will turn Foster Auditorium into a planetarium Sat., July 1, 8:30-11:30 p.m., for a look at the stars. All ages invited to this event. \$16.

Other outings include a 3 mile hike of moderate difficulty Tues., July 25, 9 a.m.-4 p.m. Travel via Clark College vans. Bring sack lunch. \$25.

A trip to the Oregon Brewer's Festival is set for Sat., July 29, noon-8 p.m. Travel via coach, sample products of 72 brewers. \$45.

The Van Gogh Sunflower Days Nature Photo Shoot and Festival is planned for Sat., Aug. 6, 8:30 a.m.-6:30 p.m. Travel via coach to Rasmussen Farms in the Hood River area. Live music, free wine tasting, quilt and art show. \$65.

## Other travel experiences

Clark College's Travel Studies 2006 offers longer outings to locations farther from southwest Washington.

A weeklong trip to northern California wine country and San Francisco is set for June 12-18. \$1399 double occupancy.

Festival of American Fiddle Tunes will take place July 7-9 in Port Townsend. \$375 double occupancy.

An eco-tour of Costa Rica is planned for July 23-Aug. 3, with monkeys, tropical forests. \$3,000 double occupancy.

Other trips are planned for Europe Sept. 30-Oct. 11, and Turkey Oct. 7-23.

Information about Clark College continuing education programs, Mature Learning Program, and travel options is available by calling 992-2213, or 992-2939.

Tracy Reilly-Kelly is program manager of the Clark College Mature Learning program can be reached at 992-2213, or via email at [tkelly@clark.edu](mailto:tkelly@clark.edu)