

Variety highlights adult education spring slate

(Continued from page 2A)
book extra. Class at 7-9 p.m. Tuesdays in room 2. There is a \$12 fee.

•Short-hand ABC Stenograph—The class at Farmington High School is an easy-to-learn shorthand system written with abc's. Learn to take dictation at 80-100 words a minute by the end of the course. Textbook extra. Class meets 7-9:30 p.m. Tuesdays and Thursdays in room 101C. There is a \$30 fee.

•Accounting and Bookkeeping I—Fundamentals of bookkeeping and principles of accounting procedures. Text is extra. Class meets from 7-9 p.m. Thursdays in room 18. There is a \$12 fee.

•Accounting and Bookkeeping II—Continuation of the first class. Class is from 7-9 p.m. Mondays in room 18. There is a \$12 fee.

•Business Machines—Class at Farmington High School includes the use of calculators, duplicating machines, dictaphones. Classes run from 7-9 p.m. Mondays in room 100C. There is a \$12 fee.

•Money Mistique—Four-week course considers the stock market vs. the money markets, bank interest vs. corporate bonds, whole life insurance vs. low cost pure protection, U.S. Series E bonds vs. Treasury bonds, cash value savings vs. mutual fund investing. The importance of estate planning and how to set up a living trust to avoid the cost of probate are considered. Course is from 7-9 p.m. Mondays in room 17. There is a \$9 fee.

ARTS AND CRAFTS

•Stained Glass Art—Design and create leaded glass panels and ornaments using copper foil and lead methods. Introduction to stained glass windows and lamps will be from 7-10 p.m. Tuesdays in room 3. There is a \$15 fee.

•Adult Ceramics—A freely structured class in basic ceramic techniques including hand-built and wheel-thrown methods. Emphasis will be on clay. Class meets 7-10 p.m. Mondays in room 1. There is a \$21 fee which includes materials.

•Drawing and Sketching—For beginning art and painting students. Class offers fundamentals of drawing, sketching, perspective, shading and composition. Class meets 7-10 p.m. Tuesdays in room 1. There is a \$15 fee.

•Painting with Oils or Acrylics—Class in Farmington High will deal with beginning techniques, color mixing and some composition. Class meets 7-10 p.m. Wednesdays in room 111A. There is a \$15 fee.

•Macrame—Use of basic knots and variations will be covered. Class from 7-9 p.m. Thursdays in room 1. There is a \$12 fee.

HOMEMAKING

•Gourmet Cooking—Advanced food preparation for entertaining. Includes cooking with wines, souffles, crepe, meat and seafood dishes. Class from 7-9:30 p.m. Tuesdays in the kitchen. There is a \$30 fee. Materials are extra.

•Microwave Cooking—Four-week course in Farmington High School in food preparation using microwave

ovens. Class is from 7-9 p.m. Wednesdays in room 102A. There is a \$10 fee. Materials are extra.

•Sewing (Beginners)—Individual attention in the use of the machine, layout, cutting, marking, fitting and construction techniques. Class meets 7-10 p.m. Wednesdays in room 9. There is a \$15 fee.

•Needlepoint—Five-week course teaches 16 needlepoint stitches using the sampler technique. Kit is \$11. Class fee is \$10. Class meets 7-9 p.m. Thursdays in room 10.

•Upholstery—Class at Farmington High teaches the fundamentals through group demonstrations and individualized instruction. Tools and a large section of materials can be purchased at class. Class meets 7:30-9:30 p.m. Mondays in the basement. There is a \$20 fee.

•Adventures in Good Cooking—Six-week course in appetizers, entrees and desserts. Lab fee is \$1 for each class meeting. There is a \$14 fee. Class meets from 7-10 p.m. in the kitchen.

LANGUAGE

•French I (conversational)—Basic vocabulary, menu reading and culture. Class meets 7-9 p.m. Thursdays in room 19. There is a \$12 fee.

•French II and III (conversational)—Continuation of French I. Emphasis on self expression in French. Class meets 7-9 p.m. Wednesdays in room 19. There is a \$12 fee.

•Spanish I (conversational)—Fundamentals of conversational Spanish from 7-9 p.m. Mondays in room 19. There is a \$12 fee.

•Advanced Spanish (conversational)—For those who have completed Spanish I or its equivalent. Class meets from 7-9 p.m. Tuesdays in room 19. There is a \$12 fee.

•German (beginners)—For students and travelers interested in conversation. Class meets 7-9 p.m. Wednesday in room 17. There is a \$12 fee.

•Russian (beginners)—For those interested in conversation and basics. Class meets 7-9 p.m. Mondays in room 16. There is a \$12 fee.

RECREATION

•Hatha Yoga—Bring a mat or rug. Wear loose clothing. Anyone with a history of back complaints should consult their doctor and instructor before class. Class meets 7-9 p.m. Tuesdays in room 13. There is a \$12 fee.

•Silmastics—Class at East Junior High helps women get a better shape. Class meets from 7:30-9:30 p.m. Tuesdays in the gym. There is a \$10 fee.

•Karate—Class at East Junior High teaches karate techniques to those who are at least 11. Class meets from 6:30-9 p.m. Thursdays in the gym. There is a \$12 fee.

•Volleyball—Class meets 7:30-9:30 p.m. Wednesdays in East Junior High gym. Also from 7:30-9:30 p.m. Thursdays in Power Junior High gym. Married couples pay a \$12 fee. Singles are \$8.

•Volleyball (Ladies only)—Class meets from 8-10 p.m. Mondays in OE Dunckel Junior High gym. Fee is \$8.

•Volleyball (Men Only)—Class meets from 7:30-9:30 p.m. Tuesdays in

Farmington Training Center gym. Fee is \$8.

•Golf—Class at Farmington High School will have three indoor and five outdoor sessions. Beginners, intermediate and advanced groups will be formed. Bring a five iron and putter to first class. Class meets 7-10 p.m. at first. One hour practice times will be formed after first class meeting.

Monday class meets in room 101G. There is a \$15 fee. Wednesday class meets in the same room. There is a \$15 fee.

•Gymnastics—Six-week course at Farmington Training Center for elementary and junior high school students. Class meets Mondays and Wednesdays in the gym. There is a \$15 fee. From 6-7 p.m., the early elementary, beginning tumbling and advanced beginning tumbling will meet. From 7-8 p.m., girls' apparatus, beginning, intermediate tumbling and advanced tumbling will meet. From 8-9 p.m., girls' apparatus, intermediate, advanced tumbling, senior skills and competitive gymnastics will meet.

Classes planned in parenting skills

To help adults who want to improve their parenting skills, the Providence Hospital Department of substance abuse will conduct the Parent Effectiveness Training course developed by Dr. Thomas Gordon.

Given in eight weekly evening sessions, the program emphasizes teaching parents how to listen so their children will communicate, how to talk so their youngsters will listen and methods of solving problems so that no one in the family loses, says Clifford Furgison, director of the substance abuse department.

"This approach produces fewer conflicts, more cooperation and warmer relationships with open and honest communication," Furgison said. "These skills in communication, problem solving and values clarification

also enhance relationships between husbands and wives, teachers and students and employers and employees."

The hospital recognizes that most parents sincerely want to rear emotionally healthy children, but many feel that they are inadequately prepared and lack the necessary skills to accomplish the task.

Teaching techniques used in the course include lectures, discussion, demonstration, role playing and exercises.

Providence has scheduled two PET courses to begin this month.

Frost School in Oak Park will be the site for a series beginning April 13. The course also will be conducted on Tuesday evenings, starting April 25, in the hospital's Fisher Center. 2500 Providence Drive in Southfield.

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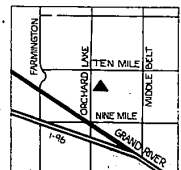
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