

It's square dancing in the moonlight during fall adult education classes

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shading and composition. Supply list will be distributed first night of class. Wednesday, 7-9 p.m. Room 1, \$10.

• Painting with Oils or Acrylics — Beginning techniques, progressing to more advanced techniques including color mixing and some composition. Bring to first class: 14x17 newsprint pad (approx. 50 sheets) and soft 3B and 4B drawing pencils. Tuesday, 7-10 p.m., Room 1, \$20.

• Beginning Popular Piano — Class is to present enough basic notation that a person who has never played before can recognize musical alphabet placement and note values and apply them to the piano. Non-beginners will work at their level on an individual basis. Books (approx. \$3) may be bought first class meeting. Class limited to 11. Monday, 7-9 p.m., Room 3, \$20.

• Introduction to Ballet — For Adults — Learn ballet. A class for teen-agers and adults that will provide appreciation of performance, as well as movement, knowledge and technique of classical ballet. Monday, 7-8 p.m. Gym, \$12.

• Modern Jazz Dance — Fun, relaxing, learn various modern dance steps. Monday, 8-9 p.m., Gym, \$12.

• Square Dancing 1 — For those who have never square danced or who have been out of square dancing for some

time. Wear flat or comfortable shoes. Wednesday, 7:30-9:30 p.m. Child Care Room. \$20 per couple.

• Dance Exercise — No experience is necessary to join this class and have fun while exercising. Move to music to tone your muscles, especially abdomen, hips, and thighs. Wear shoes with rubber soles. Gym, \$12. Tuesday, 7-8 p.m., Tuesday, 8-9 p.m., Wednesday, 7-8 p.m., Wednesday, 8-9 p.m.

• Hatha Yoga — Yoga is designed to build its participants toward a healthier life through improved posture, breathing and relaxation. Bring a mat or rug and wear loose clothing. Anyone with a history of back complaints should consult his doctor and instructor before class. Tuesday, 7-9 p.m., Child Care Room, \$18.

• Simulations (East Junior High) — Ladies, here is your opportunity to have lots of fun and get into better shape. The program includes exercises and a variety of games and activities. Tuesday, 7:30-8:30 p.m., Gym, \$12.

• Volleyball — Fun and exercise. \$15 married couple, \$10 single. Wednesday, O.E. Dunckel Junior High Gym, 7:30-9:30 p.m., Thursday, Power Junior High Gym, 7:30-9:30 p.m.

• Volleyball (Ladies Only) — Monday, O.E. Dunckel Junior High Gym, 7:30-9:30 p.m., \$10.

• Volleyball (Men only) — Tuesday,

Power Junior High Gym, 7:30-9:30 p.m. \$10.

• Community Band (Harrison High) — The Community Band is open to all adults. Secondary students may audition for membership. Community Band has several groups: Concert Band, Jazz Band, Dixieland Band, Clarinet Choir and Brass Ensemble performing at various times and functions. Tuesday, 7:30-9:30 p.m., Harrison High Band Room, no charge. For further information call 474-1180 or 661-4604.

• Boating (Farmington High) — The United States Power Squadron offers free instructions in safe boating for small power boats and sailboats, boat handling, rules of the road, equipment required, charts and charting, navigation aids, compass, time, speed and distance calculations and trailer boating. Open to adults and students (12 years of age and older). No previous experience necessary. 10 weeks beginning Monday, Sept. 15, South Cafeteria 7:30-9:30 p.m. (\$25 materials charge due to instructor for first night of class).

• Parenting — Farmington Youth Assistance, through the efforts of the subcommittee Family Education, will again be offering study groups for more effective parenting skills. These study groups meet for two hours a week for 10 weeks. Afternoon groups will be offered as well as evening

groups. Please call 476-7058 for registration and details on time and dates. \$15.

• The Expectant Parent — Eight classes for expectant parents are offered by Oakland County Health Center. Course includes family adjustment to pregnancy, parenthood, and infant care. Call 424-7058 for information and registration.

• The Diabetic — A Course for diabetics or family members offered by Oakland County Health Center. Course includes information on the nature of the disease, dietary management, medication and suggestion for problem solving. Call 424-7058 for information and registration.

• Aspects of Human Sexuality — An adult education class for parents and other interested adults. Included among the objectives of this class will be to have students explore a wide spectrum of human sexual behavior to survey the effects of disease on sexuality, to increase their ability to talk with each other with ease about sexual topics, and to make them more comfortable with their own sexuality. Among other benefits, parents should become more at ease talking about the topic of sexuality with their children at any age.

Wednesday, 7-9 p.m., Room 104D, \$18.

Cancer is often curable.
The fear of cancer is often fatal.

If you're afraid of cancer... you're not alone. But, some people are so afraid that they won't go to the doctor when they suspect something's wrong. They're afraid the doctor might "find something." This kind of fear can prevent them from discovering cancer in the early stages when it is most often curable. These people run the risk of letting cancer scare them to death.

American Cancer Society

Promise Someone a Special Gift... Blood... The Gift of Life

American Red Cross

Immunizations are scheduled

The Oakland County Health Division will offer a free immunization clinic in Farmington at the Shawansee School, 30415 Shawansee, on Oct. 9 from 9 a.m. to noon.

Immunizations for measles, German measles, mumps, polio, diphtheria, tetanus and whooping cough are available.

A parent or guardian must accompany a child under 18 years of age and bring any previous records of immunizations. If you are bringing a child or children other than your own, a release form must be obtained from either the Oakland County Health Division or personnel at the clinic.

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