

Classes slated for community school

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for the 4-6-year-old in tap, jazz and tumbling. Basic rhythms combined with song and dance routines will enlighten the beginning youngster. Mondays, 10:45-11:45 a.m.; gym; Mondays, 1-2 p.m., gym.

• TAP AND JAZZ BEGINNING

Students will learn tap steps such as brushes, shuffle, flap and jazz combinations. Steps will be put together in short combinations and routines. Monday, 5:45-6:45 p.m., gym, for girls and boys ages 9 and up. Tuesday, 5:45-6:45 p.m., gym, for girls and boys ages 6 through 8.

• RETURNING STUDENTS

Students who attended classes last year have received letters in the mail regarding registration and class times.

Volunteers help the sick

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decide where they want to go — as far as their career," she said.

Most of the 31 students who volunteered said they wanted a career in the health field, or at least wanted to find out if they would like to work in a hospital, Emmer said.

Many of the 31 students have resumed school and will be too busy to volunteer, but some are staying on, Emmer said. Although many hospitals offer volunteer programs for students only during the summer, Botsford officials are continuing the program throughout the year. The hospital staff still is accepting applications from students who would like to volunteer. But students must go through an orientation program with their parents and a three-hour training program with Norma Frasure, a retired Botsford nurse.

Any student who is interested in volunteering should contact Emmer in the volunteer services office at Botsford.

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HINTS OF APPROACHING ARTHRITIS

You may have experienced that you are able to sit with no difficulty but on arising feel as if your body doesn't want to move. If you suspect that the problem has something to do with arthritis, it is likely your intuition is correct.

The first indication that the hips and knees are beginning to wear occurs when you start to get up from a sitting position. The movement places considerable strain on these joints, the body perceives that commencing to walk will cause joint pain and opposes the action.

What can be done? If after taking a step or two, the discomfort stops, then your joints are basically sound, you should not give the matter further thought. If difficulty persists or pain occurs on walking, it is time to see a doctor. While no cure is likely, there are a variety of treatments aimed at preserving your fitness for activity.

• **ENGLISH SMOCKING WORKSHOP** — Wednesday, 10-12, Room 10, \$10. Learn the basic stitches and techniques for hand smoking. The sampler you will complete can be used as an inset for a pillow, apron or child's pinafore. Bring No. 8 crewel needles, two skeins DMC embroidery floss, scissors, measuring tape. Teacher will provide kit at \$5. Class meets twice, Wednesdays, Oct. 5 and Oct. 12. Limited to 12.

• **ENGLISH SMOCKING CHRISTMAS ORNAMENTS** — Wednesday, 10-12, Room 10, \$10. Learn the basic stitches and techniques for hand smoking. Students should be able to complete two ornaments. Teacher will provide materials at \$5. Class meets twice, Mondays, Oct. 19 and Oct. 26. Limited to 12.

• **GRAPEVINE WREATH** — Wednesday, Nov. 16, 1-3 p.m., Room 10, \$3. Decorate a small grapevine wreath with babies breath and silk flowers for a light airy wreath that can be hung anywhere. Bring glue, scissors, wire clippers. Materials due instructor \$8.

• **RIBBON WREATH** — Wednesday, Oct. 26, 1-3 p.m., Room 10, \$3. Make a ribbon bow wreath in your choice of colors. Materials fee due instructor \$10. Bring glue, straight pins, scissors, wire clippers.

• **WREATH** — Wednesday, Nov. 2, 1-3 p.m., Room 10, \$3. Teacher will furnish supplies at approximately \$10 per wreath. Bring glue, straight pins, scissors, wire clippers.

• **CALICO WREATH** — Wednesday, Oct. 26, 10-12, Room 10, \$3. Students will wrap and decorate a 10-inch wreath using choice of fall ribbon colors and artificial materials. Materials fee due instructor \$10. Bring glue, straight pins, scissors, wire clippers.

• **CREATIVE GREETINGS** — Wednesday, 1-3 p.m., Room 1, \$10. Create your own original greeting cards, holiday or friendship, with freeform block or silk screen printing. Come with project ideas for discussion. Materials fee due instructor, \$2. Students to

purchase own paper. Class meets three weeks, Saturdays, Oct. 3, 10, 17.

• **FABRIC PHOTO ALBUM** — Friday, Sept. 30, 10 a.m. to noon, Room 1, \$3. Make an attractive custom-covered padded photo album to hold treasured keepsake pictures or to give as a gift. Supplies needed: scissors, 10 x 12 ring binder or photo album which lies flat when open, one yard ¾ wide satin or grosgrain ribbon, two pieces poster board 10 x 12, quilt flowers, satin ribbon, ¼ wide pre-gathered lace. \$2 due instructor for other materials needed.

• **CALICO CHRISTMAS ORNAMENTS** — Friday, Oct. 21, 10 a.m. to noon, Room 1, \$3. Make two calico ornaments to hang on the tree. One is a padded basket just the right size to fill with a touch of babies breath or a small trinket. The second is a mini padded oval frame with a spot to hold a small photo or to insert a mirror that will reflect holiday lights. Brings scissors. \$5 due instructor for materials needed.

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