NOT IN THE CATALOG:

Historical Dancing for Fun, Exercise, and Sociability, I & II
DAN-04  Session I, Sept. 20, 27, Oct. 4, 11, Wednesdays 2:00 - 3:30 pm
DAN-05  Session II, Oct. 18, 25, Nov. 1, 8, Wednesdays 2:00 - 3:30 pm
Experts and studies confirm that dancing is one of the best forms of exercise for the body and brain. Dancing requires you to think while moving, thus combining both physical and mental exercise. The total benefit to the dancer is larger than either half, and it’s lots of fun! This class uses old English dances that have beautiful music (with many tunes by Classical composers), with historical interest and playful sociability. Social interaction with other people adds an important additional benefit to exercise and thinking. The emphasis in class is on the mental challenge, not strenuous exercise.

Instructor Ken McFarland has taught social dancing since 1975, and has directed two performing ensembles in San Francisco. After moving to Fairbanks in 1997, he founded the Fairbanks English Country Dancers, who now have 40+ members and a superb musical ensemble which plays for dances. Ken also teaches Scottish Country Dancing and has never stopped his studies of English history since college.

- Participants need to be able to hear and see clearly, and move easily at a steady pace.
- 90-minute class includes time for a break in the middle.

CHANGE TO DATES or TIMES:

DAN-03 Contradance
Session II: Oct. 25, Nov. 1, 8, 15 (No class Oct. 18). Still meets Wednesdays 4:15 - 5:30 pm
All classes meet in the UPark gym.

EX-06 Kettlebells
Session I: Sept. 12, 14, 19, 21, 26, 28, Oct. 3, 5, 12, 17 (No class Oct. 10). Still TuTh 2-3:15 pm

HL-04 Burnout Intervention: Restore Joy in Life
Session I: Sept. 21, 28, Oct. 5, 12 (No class Sept. 14). Still meets Thursdays 3:45 - 5:00 pm

HL-08 The Heart of the Matter: Cardiology Meds

MTH-01 Land Survey
Session II: Oct. 24, 31, Nov. 7, 14 (No class Oct. 17). Still meets Tuesdays 10:30 - 11:45 am

MUS-01 The Pipe Organ and Its Music
Extra (4th) class meeting Nov. 9 at First Methodist Church, 915 2nd Ave.

CANCELED:

ART-08a Knitting Q&A
HIS-11 History of Medicine
NEW SECTION ADDED:

“Photos” for Mac, iPhone & iPad, section b
CP-09b Session II, Oct. 19, 26, Nov. 2, 9, Tuesdays 12:15 - 1:30 pm

Cross-Country Skiing for Advanced Beginners, section b
EX-12b Session II, Nov. 6, 8, 13, 15, Mondays & Wednesdays 1:30 - 2:30 pm

Kayaking, section b
EX-17b Session II, Nov. 12, 19, Sundays 2:30 - 4:30 pm

Dog Grooming 101: Zen and the Art of Canine Maintenance, section b
HL-01b Session II, Oct. 17, 24, 31, Nov. 7, Tuesdays 10:30 am - 12:30 pm

TYPOS:

(p. 7) CP-01 Mac Survival meets Sept. 11, 18, 25, Oct. 2

(p. 8) CP-06 Home Computer Security is in Session I (misprinted as Session II)
(Dates and times are correct in the catalog: Sept. 15, 22, 29, Oct. 6, Fridays 12:15 - 1:30 pm)

(p. 26) The Dec. 1 lecture, “Oceanography in the Northern Gulf of Alaska: The Seward Line” is by Dr. Russ Hopcroft