



SENIOR PROGRAMMING

COMPUTERS

BEGINNING COMPUTER / SENIORS

Are you just beginning to use computers? This class is for you. Learn the basics to operate this machine that is fast becoming a necessity in today's modern life. Become familiar with terminology. Get a taste of Windows XP, the database and Internet, through hands-on experience in the computer lab. Book included in fee. Cost: \$49

2 Wks Thu. Begins May 13 12:30 - 4:30PM 79339

XSPCP-1000-MGR05 MCC Inst. Benson

2 Wks Fri. Begins May 14 12:15 - 4:15PM 79341

XSPCP-1000-SGR05 BTC Inst. Benson

2 Wks Thu. Begins Aug 5 12:30 - 4:30PM 79338

XSPCP-1000-MGR01 MCC Inst. Benson

2 Wks Fri. Begins Aug 6 12:15 - 4:15PM 79345

XSPCP-1000-SGR01 BTC Inst. Benson

E-MAIL FAMILY & FRIENDS

In this class, you will register on Hotmail, a free mail service; learn to create, send and receive messages and send attachments, place e-mails into folders and maintain an address list. Prerequisite: should be proficient with a mouse. Book included in the fee. Cost: \$22

Thu. Jun 17 12:30 - 4:30PM 79335

XSPCP-1010-MGR05 MCC Inst. Benson

Fri. Jun 18 12:15 - 4:15PM 79337

XSPCP-1010-SGR05 BTC Inst. Benson

SEARCH & SURF THE INTERNET

Learn to surf the Internet following Hyperlinks, let the mouse take you where you want to go, and search using the web browser and search engines. Prerequisite: should be proficient with the mouse. Book included with the fee. Cost: \$22

Thu. Jul 8 12:30 - 4:30PM 79333

XSPCP-1015-MGR01 MCC Inst. Benson

Fri. Jul 9 12:15 - 4:15PM 79332

XSPCP-1015-SGR01 BTC Inst. Benson

FITNESS/WELLNESS

TAI CHI

Meditation in motion, a gentle non-strenuous movement based on ancient principles which may bring about physical and mental relaxation. A great way to improve balance. Cost: \$39

6 Wks Thu. Begins May 20 9:00 - 10:30AM 79953

XSPFW-0005-SGR07 Bettendorf Community Ctr Inst. Lyons

6 Wks Tue. Begins Jul 8 9:00 - 10:30AM 79954

XSPFW-0005-SGR08 Bettendorf Community Ctr Inst. Lyons

BODY POWER FOR A HEALTHIER YOU

Muscle toning, flexibility, posture, balance and cardio fitness will be emphasized. Resistance training using body weight, resistance bands, and dumbbells will be incorporated to help build muscle with control and balance. A few Yoga moves will be added to emphasize flexibility and some cardio exercises from the chair will help improve your heart health. Building a body capable of doing real life activities will be added to the program through functional fitness moves. Teaching the muscles to work together with ease when bending, twisting and lifting are just a few of the benefits received by adding Body Power to your exercise routine. Modifications for all levels of fitness will be given. Cost: \$18

6 Wks Mon. Begins May 17 9:00 - 10:00AM 79949

XSPFW-0011-SGR27 Bettendorf Community Ctr Inst. McNamara

6 Wks Wed. Begins May 19 9:00 - 10:00AM 79936

XSPFW-0011-SGR23 Bettendorf Community Ctr Inst. Meighan

6 Wks Wed. Begins Jul 1 9:00 - 10:00AM 79938

XSPFW-0011-SGR24 Bettendorf Community Ctr Inst. Meighan

6 Wks Mon. Begins Jul 12 9:00 - 10:00AM 79951

XSPFW-0011-SGR28 Bettendorf Community Ctr Inst. McNamara

SENIORS

THE PERFECT EXERCISE MIX

The Perfect Mix provides a combination of stretching, weight training (dumbbells provided) and a low impact cardio workout all in one class. Improve your cardiovascular system, flexibility and strength with the Perfect Mix. Cost: \$18

6 Wks Tue. Begins May 18 9:30 - 10:30AM 80027

XSPFW-0015-SGR32 Bettendorf Community Ctr
Inst. Meighan

6 Wks Tue. Begins May 18 10:30 - 11:30AM 80024

XSPFW-0015-SGR30 Bettendorf Community Ctr
Inst. Meighan

6 Wks Tue. Begins Jul 6 9:30 - 10:30AM 80026

XSPFW-0015-SGR31 Bettendorf Community Ctr
Inst. Meighan

6 Wks Tue. Begins Jul 6 10:30 - 11:30AM 80022

XSPFW-0015-SGR29 Bettendorf Community Ctr
Inst. Meighan

LEARN WITH LUNCH

BIX AND FRIENDS PREVIEW

The 39th annual Bix Beiderbeck Memorial Festival is just around the corner (July 22-25), and today's presenter, a member of the festival board, will chat about the history of this jazz event, the music that inspired it and the bands that will be performing this year. Ridge Jazz Band from Ohio, the New Red Onion Jazz Babies from Missouri, Andy Schumm and his Gang from Chicago, Milwaukee, New Orleans and New York; Dan Levinson's Roof Garden Jazz Band from New York; the Ballyhoo Foxtrot Orchestra from Des Moines; the Firecracker Jazz Band from North Carolina, Cynthia Sayer and Sparks Fly from New York; and Josh Duffee and His Orchestra from the Quad Cities. It will be a fun seminar with music, a few surprises -- everyone will receive a complimentary ticket to a Bix Festival performance in LeClaire Park. Cost: \$19 (Includes Lunch)

Tue. Jul 13 11:30AM - 2:00PM 79955

XSPLL-22-SGR01 The Outing Club
Inst. Gerri Bowers

DAVENPORT'S HISTORIC PARKS

The history of Davenport's parks is as old as the City itself. Join us for a tour of Davenport's oldest and most beloved parks: Credit Island, Lindsay, LeClaire, Fejervary, Vander Veer, as well as the three original City parks (Can you name them?). Everyone is sure to learn something new.

Cost: \$19 (Includes Lunch)

Wed. May 12 10:30AM - 1:00PM 79528

XSPLL-59-SGR01 The Outing Club Inst. Flynn

Wed. May 12 11:30AM - 2:00PM 79526

XSPLL-59-SGR02 The Outing Club Inst. Flynn

DRIFTLESS

Iowa Reads announces the 2010 book *Driftless* by David Rhodes. With *Driftless*, Rhodes returns to the Midwestern landscape he knows so well, offering a fascinating and entirely unsentimental portrait of a town apparently left behind by the march of time.

Home to a few hundred people yet absent from state maps, *Words, Wisconsin*, comes richly to life by way of an extraordinary cast of characters.

Cost: \$19 (Includes Lunch)

Wed. Jun 2 11:30AM - 2:00PM 79397

XSPLL-60-SGR01 The Outing Club Inst. Craig

TREASURE HUNTING

Interesting stories of treasures lost and found will be shared as well as an opportunity to try your luck on the grounds of the Outing Club. (Lunch is included)
Cost: \$19

Wed. Aug 18 10:30AM - 1:00PM 79521

XSPLL-61-SGR01 The Outing Club Inst. Chilla

TOURS

KENOSHA, WI, CIVIL WAR MUSEUM

One of the newest Civil War Museums in the United States, with the theme *Solidarity of Soldiers Through Time*. State-of-the-art museum technology, life size dioramas and interactive, engaging exhibits. Travel back in history to the social, political, and economic influences of the Civil War. (1) As we walk through the town square, and experience family life as the war breaks out. (2) Board a train bound for the front. (3) See how men and women of all ethnic background experience the battlefield. (4) Discover the material and human contributions by six Midwestern States. (5) Travel back home on a riverboat as news of Lincoln's assassination is known. Also visit the Kenosha Public Museum next door. You will be able to travel on the Electric Streetcar (five beautifully restored electric streetcars travel a two mile loop providing a scenic tour of the Lake Michigan shoreline.) This tour received high ratings last year. Your choice of Dutch lunch is available at several trolley stops. Cost: \$74

Wed. Jun 23 7:00AM - 9:00PM 79861

XSPLL-51-SGR01 Kimberly Center-Alternative Ed
Inst. Gensing

Wed. Jun 23 6:30AM - 9:30PM 79530

XSPLL-51-SGR02 Deere-Wiman House
Inst. Gensing

ROCK ISLAND ARSENAL TOUR

The Rock Island Arsenal is located on the largest island on the Mississippi. From its establishment as a Military Fort in 1818 to its present assignment from the Department of Defense. We will tour the entire island just before Memorial Day, where the new flags are flying over the graves of over 30,000 veterans. We will stop by the Confederate where 2000 Southerners are buried, having died in the Civil war prison camp that was located here. We will stop at the Corps of Engineer Visitor Center, the John Browning museum, and Colonel Davenport's home? (where the city of Davenport was plotted and he was murdered)? We will have a Dutch Lunch the Arsenal Cafeteria. Cost: \$29

Fri. May 28 8:30AM - 3:00PM 79549

XSPTR-1210-SGR01 Modern Woodman Baseball Stadium Inst. Greshing

Fri. May 28 8:00AM - 3:30PM 79559

XSPTR-1210-SGR02 Deere-Wiman House Inst. Greshing

DUBUQUE RIVER MUSEUM & AQUARIUM

Dubuque is one of the oldest and unique cities in Iowa, and the National Mississippi Museum and Aquarium is the finest museum of its kind between Chicago and Denver. Its exhibits are housed and developed on the same basis as those of the Smithsonian Institute in Washington D.C. If you, or your children or grandchildren, have not been privileged to view this site, they have missed a truly fascinating educational experience. We will drive through downtown Dubuque stopping at the visitor's center and riding the Cable Car is one experience you will never forget. You will spend the majority of your time at the National Museum. The Dutch Lunch is available at the restored railroad depot. A truly class river history experience. Cost: \$59

Fri. April 30 7:30AM - 5:30PM 79556

XSPTR-1230-SGR01 Deere-Wiman House Inst. Greshing

Fri. April 30 8:00AM - 5:00PM 79557

XSPTR-1230-SGR02 Kimberly Center-Alternative Ed Inst. Greshing

LINCOLN MEMORIAL LIBRARY & MUSEUM

Features the New Lincoln Presidential Museum / Lincoln's Home This museum documents the life of the 16th President of the United States Abraham Lincoln and the course of the Civil War. Combining traditional scholarship, with 21st century showmanship, it continues to rank highly as one of the most visited libraries. Since it opened in 2008, in less than 22 months they received their one millionth visitor. You will have over three hours to visit the

displays, or visit the restored old Illinois State Capitol several blocks away. Many restaurants are available in easy walking distance. This is one of the must see historical sites in the Midwest. It is professionally designed and makes the use of new innovations in illustrating history. (Dutch Lunch) Cost: \$69

Wed. Aug 11 7:00AM - 9:00PM 79570

XSPTR-1236-SGR01 Kimberly Center-Alternative Ed Inst. Greshing

Wed. Aug 11 7:15AM - 8:45PM 79571

XSPTR-1236-SGR02 Deere-Wiman House Inst. Greshing

CANTIGNY/COLONEL MCCORMICK'S ESTATE

Colonel Robert McCormick, former Publisher of the Chicago Tribune, World War 1 Colonel in the 1st Division, located in Wheaton, Illinois has left his mansion, his formal beautiful gardens, and his museums to the public. The 500 acre park offers educational and recreational experiences that show the scope and magnitude of his life. There will be as much walking as you desire..they do have trams available between museums. (Lunch at the Le Jardin restaurant is included.) Cost: \$69

Wed. Jun 9 7:30AM - 7:30PM 79577

XSPTR-1240-SGR02 Deere-Wiman House Inst. Greshing

Wed. Jun 9 7:00AM - 8:00PM 79576

XSPTR-1240-SGR01 Kimberly Center-Alternative Ed Inst. Greshing

LECLAIRE/BUFFALO BILL & RIVER PILOTS

Follow portions of the historic Cody Tour through Scott County. We will visit and tour one of Buffalo Bills boyhood home, built by Isaac Cody in 1847, Then to LeClaire where will drive by historical preserved homes. (We will be able to go into two of them; The McCaffery home (1870) is now the "Grasshoppers" since 2001. Also the Dawley House (1851) was later a funeral home, now converted into a restaurant. We will go into the Buffalo Bill Museum that has many exhibits, and go aboard on the last working Mississippi steam boat -"The Lonestar" (Newly glass enclosed) and attached to the Museum. You will have several hours to visit the old and new shops along Cody Road. You will have a Dutch lunch at the restaurant of your choice that is nearby. We will stop at the #1 Visitors center in the Midwest on our way home. Cost: \$29

Wed. May 19 7:30AM - 4:00PM 79569

XSPTR-1241-SGR02 Deere-Wiman House Inst. Greshing

Wed. May 19 8:00AM - 3:30PM 79568

XSPTR-1241-SGR01 Kimberly Center-Alternative Ed Inst. Greshing

GENERAL INTEREST

ATTENTION CHICAGO CUBS FANS!!!

The Clinton Community College Alumni Association will host a bus trip to see the Chicago Cubs play during the 2010 season. Call today to put your name on the list for first notification when the date is scheduled. Seating is limited. Payment is required at the time of reservation.

Proceeds from the Cubs Bus Trip benefit the four CCC Alumni Association scholarships. For more information, contact Ann Eisenman at 563-244-7040.

GENERAL INTEREST

FIGGE ARTS

PICTURE PERFECT-DIGITAL PHOTOGRAPHY

Bring your digital camera to class and learn tips and techniques that will help you take great pictures every time you point and click! You'll spend time outside the museum during class learning how to find and frame the best shots and finish back in the Figge auditorium with an interactive critique of the day's pictures. Supply list: Digital camera with memory card Cost: \$30

Sat. Jun 19 12:30 - 3:30PM 79704

XGIFG-1103-STE01 Figge Art Museum Inst. Staff

JAZZY JEWELRY

Create unique jewelry that reflects your personal taste in this fun workshop. Jazz up your summer wardrobe with a sparkling glass-bead bracelet or necklace that's sure to become your favorite accessory! Supply list; Materials fee For more information about supplies visit www.figgeartmuseum.org. Cost: \$30

Sat. Jun 26 10:30AM - 1:30PM 79798

XGIFG-1104-STE01 Figge Art Museum Inst. Staff

SILK PAINTING

A beautiful hand-painted silk scarf adds excitement to any outfit. Make your fashion statement in silk with the dye/resist techniques you learn in this lively workshop. Materials fee; Supply List For more information about supplies visit www.figgeartmuseum.org. Cost: \$30

Sat. Jul 10 10:30AM - 1:30PM 79799

XGIFG-1105-STE01 Figge Art Museum
Inst. Stringer

WATERCOLOR FOR BEGINNERS

Color and creativity will flow as you learn the basics of watercolor painting in this satisfying workshop. You'll explore a variety of the techniques and learn tips that make this medium exciting and personally expressive. Supply List. For more information about supplies visit www.figgeartmuseum.org. Cost: \$30

Sat. Jul 31 10:30AM - 1:30PM 79801

XGIFG-1106-STE01 Figge Art Museum Inst. Staff

LINE UP - DRAWER REFRESHER

Get back into the studio swing with this drawing refresher workshop. Using a wide variety of drawing materials and applications, explore the unlimited possibilities that different mediums and surfaces offer in rendering an image. Materials fee; Supply List. For more information about supplies visit www.figgeartmuseum.org. Cost: \$30

Sat. Aug 7 10:30AM - 1:30PM 79806

XGIFG-1107-STE01 Figge Art Museum
Inst. Burlingame

WATERCOLOR

Expand your watercolor abilities in this intermediate workshop that meets at the Vander Veer Conservatory. Focus on color, shape and advanced techniques as you express the natural beauty of your floral subjects. **Class will meet at the stone building, 215 W. Central Park, located just north of and across the street from the conservatory. Parking available in the lot next to the stone building. Supply List. For more information about supplies visit www.figgeartmuseum.org Cost: \$30

Sat. Aug 14 10:30AM - 1:30PM 79809

XGIFG-1108-STE01 Figge Art Museum Inst. Staff

FRANK LLOYD WRIGHT & F C ROBIE HOMES TOUR

Visit the Frank Lloyd Wright Home and Studio in Oak Park, Illinois, and the Frederick C. Robie House in Chicago. Trip fee includes transportation and admission to both museums. Participants will enjoy lunch on their own at a local restaurant. Frank Lloyd Wright Home & Studio This extraordinary building was the Wright family residence from 1889 to 1909. The Wright family - Frank and Catherine, and their six children - lived here while he developed his architectural practice, creating what became the Prairie style of architecture. The Studio Annex was completed in 1898. Frederick C. Robie House The culmination of Frank Lloyd Wright's Prairie style, the Robie House (1910) is one of the cornerstones of modern architecture. It was built for a successful young businessman, Frederick C. Robie, and today it is a National Historic Landmark. For more information please contact Heather Aaronson @ 563.326.7804 x2045 Cost: \$80

Fri. Jun 18 8:00AM - 7:00PM 79810

XGIFG-1109-STE01 Figge Art Museum Inst. Staff