

SPRING2017

TERM 1: JAN 23 - MARCH 3

TERM 2: MARCH 20 - APRIL 28



LIFE ENRICHMENT PROGRAM

WWW.MUW.EDU/LEP

LIFE ENRICHMENT PROGRAM CLASSES

The Life Enrichment Program offers intellectually stimulating non-credit courses for adults (age 18 and over) who share a love of learning and/or teaching. A variety of LEP classes are offered during the Spring Terms. To ensure your place in a class, register early.

TERM 1: JANUARY 23 - MARCH 3

TERM 2: MARCH 20 - APRIL 28

LIFE ENRICHMENT PROGRAM DESCRIPTION

- Non-credit courses for adults in the greater Columbus area
- Once-a-week sessions for 1 – 1 1/2 hours or at instructor's discretion, for six-weeks in the fall and spring and 4 weeks in the summer
- Wide range of topics
- Community volunteer instructors who are experts in their fields
- \$35.00 registration fee allows enrollment in up to 3 courses
- On-campus and off-campus locations

COURSE LOCATIONS

The W Campus:

Education and Human Sciences Building

McDevitt Hall

Parkinson Hall

Stark Recreation Center, Pool and Aerobic Studio

Columbus Locations:

Grassroots Natural Candle Company, 118 5th St. North, Columbus, MS

The back entrance to the EDHS building is now limited to those who have key cards or those who need handicap access. If you have any questions or need assistance, please contact the LEP office.

For more information, contact Janie Shields at lifenrichment@muw.edu (662) 329-7150
or The Office of Outreach & Innovation (662) 241-6101 www.muw.edu/lep

SPRING TERM 1

JANUARY 23 - MARCH 3

MONDAYS

Healthy Hair, Healthy Scalp (11 a.m.)

Instructor: Courtney Harris, Cosmetology Instructor, IamCourtney

Participants will learn about the benefits of having healthy hair and scalp. The instructor will give presentations and demonstrations to help enhance the knowledge of over-the-counter products versus using natural essential oils.

Class Meets: Jan 23, 30, Feb 6, 13, 20 and 27

Location: Education & Human Sciences, Rm 121

TUESDAYS

Everything Gardening (11 a.m.)

Instructor: Reid Nevins, Mississippi State University Extension Agent

In this six- week course, participants will discuss Vegetable Gardens, Fruit Trees, Home Lawns, Ornamentals and so much more relating to growing plants in the garden and around the home. Guest Speakers will also be brought in for several presentations.

Class Meets: Jan 24, 31, Feb 7, 14, 21 and 28

Location: Education & Human Sciences, Rm 121



Splash Time (1 p.m.)

Instructor: Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Come and play like a child again. Exercise in water does not feel like work; it is ideal for bad knees and hips as the water supports body weight. Come try it – no swimming ability needed because all work is done in shallow water.

Class Meets: Jan 24, 31, Feb 7, 14, 21 and 28

Location: MUW Stark Recreation Center, Pool

Stretch, Breathe & Relax (3 p.m.)

Instructor: Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Tight muscles? Hurt all the time? Take some time to unwind, stretch, breathe, and relax. **Bring an exercise, yoga or sticky mat, or a large towel to lie on.**

Class Meets: Jan 24, 31, Feb 7, 14, 21 and 28

Location: MUW Stark Rec Center, Aerobic Studio



Basics of Investing (6 p.m.)

Instructor: Billy Doughty, Registered Financial Representative

Do you understand the difference between an exchange traded fund(ETF) and a mutual fund? Investing can be made complicated, but it doesn't have to be. This class will provide participants with a working glossary to understand the world of investing. It will provide a basic structure to assist in deductive decisions, and a fundamental framework to discuss the global marketplace.

Class Meets: Jan 24, 31, Feb 7, 14, 21 and 28
Location: Education & Human Sciences, Rm 121

Sixth Grade Mathematics (6 p.m.)

Instructor: Dr. Bonnie Oppenheimer, Professor of Mathematics and Associate Chair of the Department of Sciences and Mathematics, The W

Ever wonder what has changed since you were in sixth grade? Come find out what sixth grade mathematics looks like in our Mississippi College and Career Readiness Standards. If you have kids or grandkids this age, or just wish you'd had a better experience in mathematics, this course is for you. No homework!

Class Meets: Jan 24, 31, Feb 7, 14, 21 and 28
Location: Parkinson Hall, Rm. 216

WEDNESDAYS

iPhone and iPad Essentials (9 a.m.)

Instructor: Janie Shields, Life Enrichment Program Coordinator, The W

Get the most out of your smart device with instruction on key aspects of the Apple iPhone or iPad. Plus, learn how to install any one of the thousands of apps from the App store and extend the functionality of your device. **Please bring your Apple iPhone or iPad to class.**

Class Meets: Jan 25, Feb 1, 8, 15, 22 & March 1
Location: Education & Human Sciences, Rm 121

Wicks and Wax (2 p.m.)

Have you always wanted to make your own candle? Now you have a chance to even pick your own scents. Class is limited. A \$20 fee will be assessed for this class. **Register now for a two-hour, one-time candle making class.**

Class Meets: February 8 only
Location: Grassroots Natural Candle Company, 118 5th Street N, Columbus, MS



THURSDAYS

Aerobic Dance (9 a.m.)

Instructor: Marion McEwen, Wellness Coordinator, The W Campus Recreation

Participants will enjoy a traditional low impact to moderate aerobic dance followed by strength and stretch. **Please bring bottled water and wear comfortable clothing and walking shoes.**

Class Meets: Jan 26, Feb 2, 9, 16, 23 & March 2
Location: MUW Stark Rec Center, Aerobic Studio

Wicks and Wax (5 p.m.)

Have you always wanted to make your own candle? Now you have a chance to even pick your own scents. Class is limited. A \$20 fee will be assessed for this class. **Register now for a two-hour, one-time candle making class.**

Class Meets: March 2 only
Location: Grassroots Natural Candle Company, 118 5th Street N, Columbus, MS.

Wine: An Appreciation (6:30 p.m.)

Instructor: Daniel Harrell, Wine Steward

Come and learn how to enjoy wine. Topics covered include wine making basics, food pairing, history, wine regions. The class is geared to accommodate those that have wine knowledge and experience as well as those that have no experience but are willing to learn. **An additional fee of \$75 will be charged for this course.**

Class Meets: Jan 26, Feb 2, 9, 16, 23 & March 2
Location: Education & Human Sciences, Rm 121

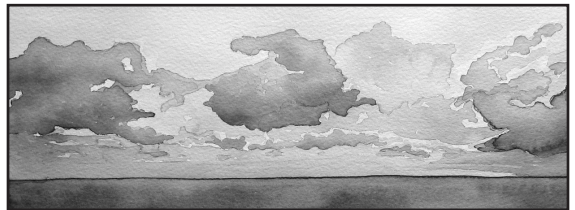
FRIDAYS

Sunflowers and Fruits Mini Canvas (12 - 1:30 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint sunflowers and fruits on mini canvases. Everyone will walk away with two completed canvases of their own. **An additional fee of \$10 will be charged for this course. Brushes, paints, and painting supplies provided in class.**

Class Meets: January 27 Only
Location: Education & Human Sciences, Rm 121



Spring Flowers/Seascape Watercolor Workshop (1:30 - 3 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint spring flowers and a seascape on watercolor paper. Participants will learn how to use frisket. Everyone will walk away with a completed watercolor painting or two of their own. **An additional fee of \$10 will be charged for this course. Brushes, watercolor paints, and painting supplies provided in class.**

Class Meets: January 27 Only
Location: Education & Human Sciences, Rm 121

SPRING TERM 1 SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00				Aerobic Dance	
11:00	Healthy Hair, Healthy Scalp	Everything Gardening	iPhone/ iPad Essentials		
12:00					Sunflower/ Fruit Mini Canvas (Jan 27 only)
1:00		Splash Time			
1:30					Spring Flowers/ Seascape Watercolors (Jan 27 only)
2:00			Wicks & Wax (Feb 8 only)		
3:00		Stretch, Breathe and Relax			
5:00				Wicks & Wax (March 2 only)	
5:30		Basics of Investing			
6:00		Sixth Grade Mathematics			
6:30				Wine: An Appreciation	

LEP COURSE REGISTRATION

SPRING 2017 TERM 1

Participants Must Be Over 18 Years Old

NAME _____

ADDRESS _____

CITY, STATE, & ZIP CODE _____

TELEPHONE _____ E-MAIL _____

Optional Demographic Information:

GENDER _____ RACE/ETHNICITY _____ AGE RANGE 18-25 26-40 41-60 60+

Fees: The \$35.00 membership fee entitles a participant to take up to 3 courses per term. For every additional course there is a \$10 fee. I would like to enroll in the following courses:

January 23 - March 3

- | | |
|--|--|
| <input type="checkbox"/> Aerobic Dance | <input type="checkbox"/> Spring Flowers/Seascape Watercolors (Jan. 27) |
| <input type="checkbox"/> Basics on Investing | <input type="checkbox"/> Stretch, Breathe and Relax |
| <input type="checkbox"/> Everything Gardening | <input type="checkbox"/> Sunflower/Fruit Mini Canvas (Jan. 27) |
| <input type="checkbox"/> Healthy Hair, Healthy Scalp | <input type="checkbox"/> Wicks and Wax (Feb. 8) |
| <input type="checkbox"/> iPhone and iPad Essentials | <input type="checkbox"/> Wicks and Wax (March 2) |
| <input type="checkbox"/> Sixth Grade Mathematics | <input type="checkbox"/> Wine: An Appreciation |
| <input type="checkbox"/> Splash Time | |

REGISTER AND PAY ONLINE AT WWW.MUW.EDU/LEP

Make checks payable to MUW.
Mail to: Life Enrichment Program,
MS University for Women,
1100 College St., W-1638, Columbus, MS 39701.
All payment is nonrefundable.

Term Fee:	\$35
Spring Flowers/Seascapes	\$10
Sunflower/Fruit Mini Canvas	\$10
Wicks and Wax	\$20
Wine: An Appreciation	\$75
Additional Course Fee	_____ x \$10
Term Total:	\$_____

For more information contact Janie Shields at lifenrichment@muw.edu, (662) 329-7150
or the Office of Outreach & Innovation (662) 241- 6101.



MARCH 9

LIFE ENRICHMENT PROGRAM DAY TRIP

The LEP is going on a scenic day trip to Cleveland to visit the Mississippi GRAMMY Museum. The GRAMMY Museum is an exciting and interactive celebration of the power of music occupying a vibrant new space in Cleveland, Mississippi. Cutting edge exhibits, interactive experiences and films provide a one-of-a-kind visitor experience — engaging, educational, celebratory and inspirational. Lunch (on your own) to follow at a local restaurant.

If you would like more information of the trip, please call Janie at 662-329-7150. You may register online at www.muw.edu/lep. The cost is \$40.

SPRING TERM 2

MARCH 20 - APRIL 28

MONDAYS

Great Hymns of the Faith Pt II (10 a.m.)

Instructor: Glenn Lautzenhiser, Hymn Enthusiast and teacher of the Gospel

The inspiring true stories behind the great hymns of the faith. Of the Wesleys it has been said for every person they won with their preaching, ten were won through their music. Each class will feature the story behind the song and the singing of Sandra Stone of the Harmony GRITS.

Class Meets: March 20, 27, April 3, 10, 17 & 24
Location: Education & Human Sciences, Rm 224

Burnt Match Stick Art (1 p.m.)

Instructor: Bessie Johnson, Master Art Teacher

The beauty of the art is in its simplicity. All you need to get started is a box of charred matchsticks, glue, toe nail clippers and some imagination. Participants are encouraged to express their creativity with matchstick projects that are charming and useful, due to its endless versatility and variety. **An additional fee of \$25 will be charged for this class.**

Class Meets: March 20, 27, April 3, 10, 17 & 24
Location: Education & Human Sciences, Rm 121

TUESDAYS

Life's Dash (11 a.m.)

Instructor: Dessie Clinton-Robinson, MBA, Business Strategist

Have you always wondered how you will be remembered? Participants will discuss their impact on their family, friends, community and others from birth to death. Participants will leave this course with a better understanding of how their journey in life will be shared with the world at the end of their dash.

Class Meets: March 21, 28, April 4, 11, 18 & 25
Location: Education & Human Sciences, Rm 121

Splash Time (1 p.m.)

Instructor: Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Come and play like a child again. Exercise in water does not feel like work; it is ideal for bad knees and hips as the water supports body weight. Come try it – no swimming ability needed because all work is done in shallow water.

Class Meets: March 21, 28, April 4, 11, 18 & 25
Location: MUW Stark Recreation Center, Pool





Microsoft Excel (1 p.m.)

Instructor: Lou Boland, Retired Administrator and Computer Applications Instructor, The W and EMCC

Microsoft Excel is a spreadsheet program made up of rows and columns which allows the user to create workbooks, charts, and tables to do calculations and analyses. Topics covered in class will include creating and formatting worksheets, using formulas, and various functions such as math, statistical, logical, and financial. Participants should have basic typing skills. Bring a flash drive to class.

Class Meets: March 21, 28, April 4, 11, 18 & 25

Location: McDevitt Hall, Alpha Lab

Stretch, Breathe and Relax (3 pm)

Instructor: Patty Keffer, Senior Water Aerobics and Silver Sneakers Instructor, YMCA

Tight muscles? Hurt all the time? Take some time to unwind, stretch, breathe, and relax. **Bring an exercise, yoga or sticky mat, or a large towel to lie on.**

Class Meets: March 21, 28, April 4, 11, 18 & 25

Location: MUW Stark Rec Center, Aerobic Studio

Kindergarten Mathematics (6 p.m.)

Instructor: Dr. Bonnie Oppenheimer, Professor of Mathematics and Associate Chair of the Department of Sciences and Mathematics, The W

This is the course you've been hearing about from your friends. We're starting over again, so join in! Come find out what kindergarten mathematics looks like in our Mississippi College and Career-Ready Standards. If you have kids or grandkids this age, or just wish you'd had a better experience in mathematics, this course is for you. No homework!

Class Meets: March 21, 28, April 4, 11, 18 & 25

Location: Parkinson Hall, Rm. 216

WEDNESDAYS

Strategic Essentials (1 p.m.)

Instructor: Bridget VanHolland-Williams, VanHolland Business Consulting & Career Management LLC.

In this six week course, participants will learn strategies for how to turn a hobby into a business, how to transition from punching the clock to becoming a CEO, how to cope with life after layoff and what you should know, how to transition into a new career and so much more. Participants will leave the course with a road map of how to move forward in the business and career arena.

Class Meets: March 22, 29, April 5, 12, 19 & 26

Location: Education & Human Sciences, Rm 121



Wicks and Wax (2 p.m.)

Have you always wanted to make your own candle? Now you have a chance to even pick your own scents. Class is limited. **A \$20 fee will be assessed for this class. Register now for a two-hour, one-time candle making class.**

Class Meets: April 5 only

Location: Grassroots Natural Candle Company, 118 5th Street N, Columbus, MS.

THURSDAYS

Identifying Birds for Your Enjoyment (8 a.m.)

Instructors: Dianne Patterson and Margaret Copeland, avid birders and Oktibbeha Audubon Society members for over 25 years

Learn how to identify the birds in your backyard, local park or in the nearby birding areas. This includes winter species, spring migrants and water birds. This will not be a classroom program but an outside adventure. Participants should download a Sibley's or National Geographic bird field guide book before coming to class. Also bring binoculars, pocket notebook and pen to class. **Participants must be able to walk up to one mile. Please wear comfortable shoes and clothing.**

Class Meets: March 23, 30, April 6, 13, 20 & 27

Location: Schedule will be emailed by instructors



Introduction to Healing Touch

(1 p.m.)

Instructor: Dottie Porter, RN, MS in Counseling Psychology

Discover several energetic ways to relieve stress, anxiety, and chronic pain. Participants will take part in demonstrations of the healing touch and learn how to access the human energy field.

Class Meets: March 23, 30, April 6, 13, 20 & 27

Location: Education & Human Sciences, Rm 224

Let's Sew (1 p.m.)

Instructors: Vivian Cade and Sharon Patrick, Mississippi State University Extension Agents

Participants will gain basic knowledge of the tools of the trade, parts of the sewing machine & functions, and construct at least two sewing projects. Learners will also learn ways to use knowledge gained to earn additional income. The project for this class is the construction of a simple rag quilt. Perfect for infants and children. Sewing machines and tools will be provided.

Class Meets: March 23, 30, April 6, 13, 20 & 27

Location: TBA

Wicks and Wax (5 p.m.)

Have you always wanted to make your own candle? Now you have a chance to even pick your own scents. Class is limited. **A \$20 fee will be assessed for this class. Register now for a two-hour, one-time candle making class.**

Class Meets: April 27 only

Location: Grassroots Natural Candle Company, 118 5th Street N, Columbus, MS.

Wine: An Appreciation (6:30 p.m.)

Instructor: Daniel Harrell, Wine Steward

Come and learn how to enjoy wine. Topics covered include wine making basics, food pairing, history, wine regions. The class is geared to accommodate those that have wine knowledge and experience as well as those that have no experience but are willing to learn. **An additional fee of \$75 will be charged for this course.**

Class Meets: March 23, 30, April 6, 13, 20 & 27

Location: Education & Human Sciences, Rm 1

FRIDAYS

Easter Mini Canvas

(12 - 1:30 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint an Easter inspired canvas. Everyone will walk away with two completed mini canvases of their own. **An additional fee of \$10 will be charged for this course. Brushes, paints, and painting supplies provided in class.**

Class Meets: March 24 Only

Location: Education & Human Sciences, Rm 121

Owls & More Mini Canvas

Workshop (1:30 - 3 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint owls and much more. Everyone will walk away with two completed mini canvases of their own. **An additional fee of \$10 will be charged for this course. Brushes, watercolor paints, and painting supplies provided in class.**

Class Meets: March 24 Only

Location: Education & Human Sciences, Rm 121

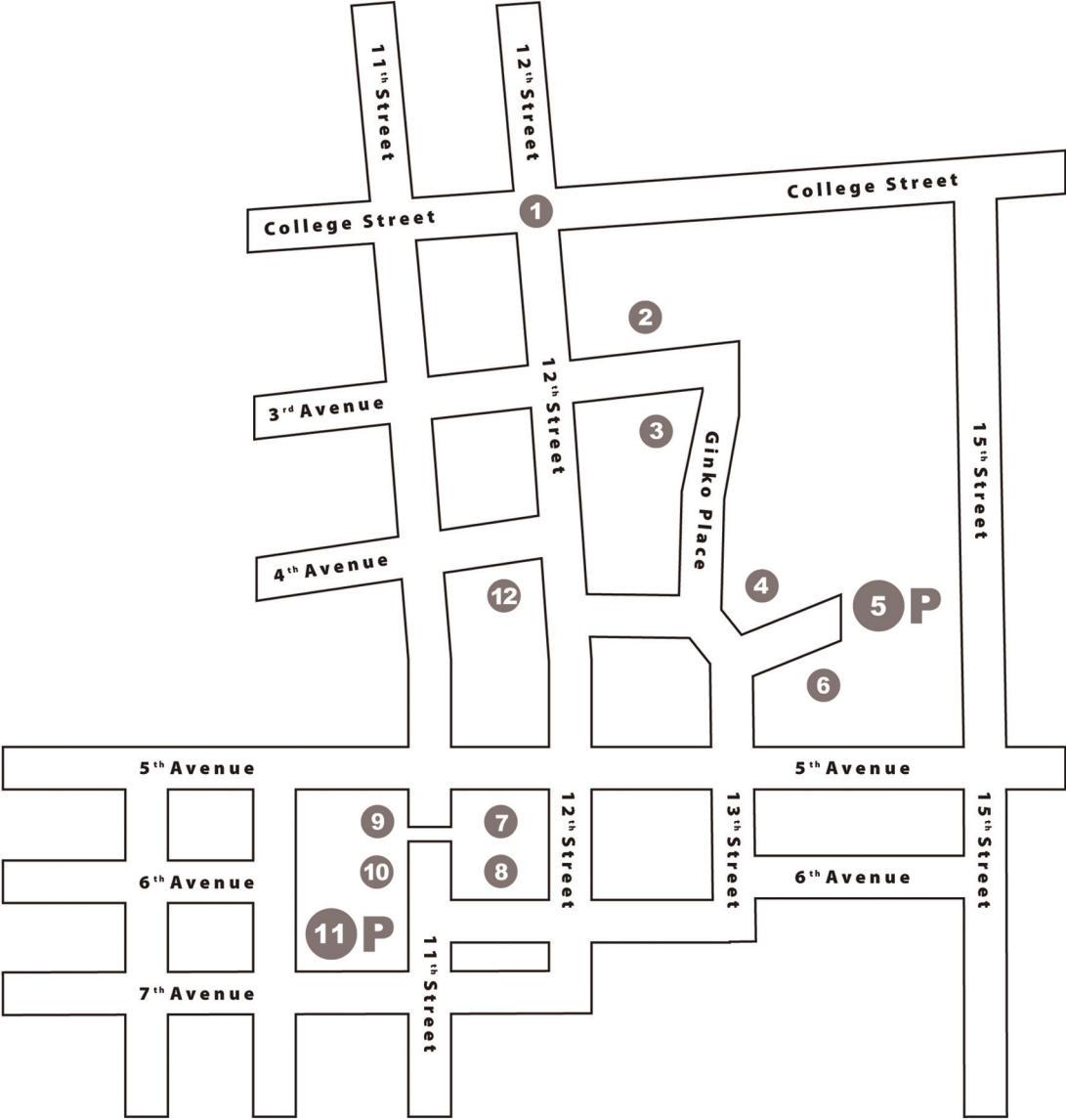


Are you on Facebook? So is the LEP!

Like us to get updates on classes, view photos from events, post your ideas, opinions and more!

Search on Facebook for MUW Life Enrichment Program, or contact the LEP office for more information at 662-329-7150.

MUW CAMPUS MAP



- | | |
|-------------------------|---------------------------|
| 1 Front Gate | 7 Fine Arts Center |
| 2 Cochran Hall | 8 Stark Recreation Center |
| 3 Welty Hall | 9 Education Center |
| 4 McDevitt Hall | 10 Emma Ody Pohl Building |
| 5 PARKING | 11 PARKING |
| 6 Hogarth Dining Center | 12 Parkinson Hall |

SPRING TERM 2 SCHEDULE

Monday

Tuesday

Wednesday

Thursday

Friday

8:00

Identifying Birds for
Your Enjoyment

10:00

Great Hymns of
the Faith:Part II

11:00

Life's Dash

12:00

Easter Mini
Canvas
(March 24 only)

1:00

Burnt Match
Stick Art

Splash Time
Microsoft Excel

Strategic
Essentials

Intro to
Healing Touch
Let's Sew

1:30

Owls & More
Mini Canvas
(March 24 only)

2:00

Wicks & Wax
(April 5 only)

3:00

Stretch, Breathe
and Relax

5:00

Wicks & Wax
(April 27 only)

6:00

Kindergarten Math

6:30

Wine:
An Appreciation

LEP COURSE REGISTRATION

SPRING 2017 TERM 2

Participants Must Be Over 18 Years Old

NAME _____

ADDRESS _____

CITY, STATE, & ZIP CODE _____

TELEPHONE _____ E-MAIL _____

Optional Demographic Information:

GENDER _____ RACE/ETHNICITY _____ AGE RANGE 18-25 26-40 41-60 60+

Fees: The \$35.00 membership fee entitles a participant to take up to 3 courses per term. For every additional course there is a \$10 fee. I would like to enroll in the following courses:

March 20 - April 28

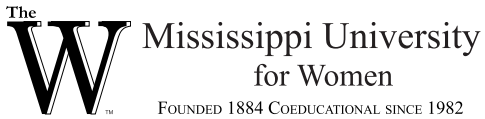
- | | |
|---|---|
| <input type="checkbox"/> Burnt Match Stick Art | <input type="checkbox"/> Microsoft Excel |
| <input type="checkbox"/> Easter Mini Canvas (March 24) | <input type="checkbox"/> Owls & More Mini Canvas (March 24) |
| <input type="checkbox"/> Great Hymns of the Faith: Part II | <input type="checkbox"/> Splash Time |
| <input type="checkbox"/> Identifying Birds for Your Enjoyment | <input type="checkbox"/> Strategic Essentials |
| <input type="checkbox"/> Introduction to Healing Touch | <input type="checkbox"/> Stretch, Breathe and Relax |
| <input type="checkbox"/> Kindergarten Mathematics | <input type="checkbox"/> Wicks and Wax (April 5) |
| <input type="checkbox"/> Let's Sew | <input type="checkbox"/> Wicks and Wax (April 27) |
| <input type="checkbox"/> Life's Dash | <input type="checkbox"/> Wine: An Appreciation |

REGISTER AND PAY ONLINE AT WWW.MUW.EDU/LEP

Make checks payable to MUW.
Mail to: Life Enrichment Program,
MS University for Women,
1100 College St., W-1638, Columbus, MS 39701.
All payment is nonrefundable.

Term Fee:	\$35
Burnt Match Stick Art	\$25
Easter Mini Canvas	\$10
Owls & More Mini Canvas	\$10
Wicks and Wax	\$20
Wine: An Appreciation	\$75
Additional Course Fee	_____ x \$10
Term Total:	\$_____

For more information contact Janie Shields at lifenrichment@muw.edu, (662) 329-7150
or the Office of Outreach & Innovation (662) 241- 6101.



Life Enrichment Program
1100 College Street W - 1638
Columbus, MS 39701

**If you wish to discontinue receiving LEP materials,
please contact Janie Shields at (662) 329-7150
or lifenrichment@muw.edu**

LIFE ENRICHMENT PROGRAM

SPRING 2017