

FALL 2016

TERM 1: AUG 15 - SEPT 26

TERM 2: OCT 10 - NOV 18



Sharon Foster Art

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 Fall Terms. To ensure your place in a class, register early.

TERM 1: AUGUST 15 - SEPTEMBER 26

TERM 2: OCTOBER 10 - NOVEMBER 18

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, over a 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

Painter Hall

Stark Recreation Center, Pool and Aerobic Studio

Columbus Locations:

Greater Columbus Learning Center, 612 Military Road

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

FALL TERM 1

**AUGUST 15 -
SEPTEMBER 26**

MONDAYS

Searching for Family: Beginners (9 a.m.)

Instructor: Elisa Barnes-Shizak, Emeritus
Accredited Genealogist

Participants will be taught how to get started in researching their family history. Bring your laptop to class as we will be using Ancestry.com to teach some basic steps and instructing the use of all records. Participants should bring a basic family tree with parents, grandparents, etc. If unknown, participants will find them together.

Class Meets: Aug 15, 22, 29, Sept 12, 19, 26
Location: Education & Human Sciences, Rm 121

Fall Leaves Watercolor Workshop (12 -1:30 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint using different watercolor methods on 5x7 watercolor paper. 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: Aug 29 Only
Location: Education & Human Sciences, Rm 121



Sharon Foster Art

Fall Landscape Watercolor Workshop (1:30 - 3 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint a fall landscape with birch trees on 5x7 watercolor paper. Participants will learn how to use frisket. Everyone will walk away with two completed 3x3 canvases of their own. **An additional fee of \$10 will be charged for this course. Brushes, watercolor paints, and painting supplies provided in class.**

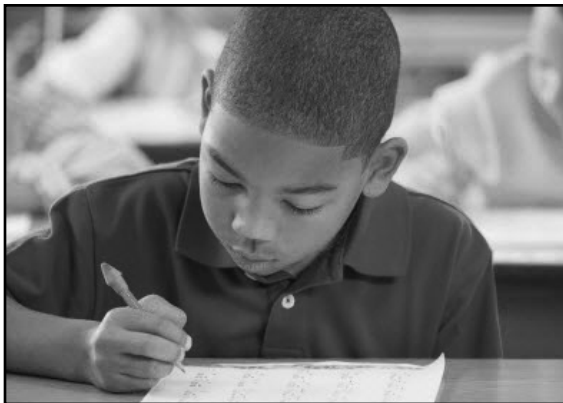
Class Meets: Aug 29 Only
Location: Education & Human Sciences, Rm 121

Understanding Your Skin Type (5 p.m.)

Instructors: Rashell Hopkins, Beauty Advisor,
Flori Roberts

In this course, participants will gain a better understanding of skin care products and their benefits. In addition, participants will learn about their specific skin types and how to take care of their skin.

Class Meets: Aug 15, 22, 29, Sept 12, 19, 26
Location: Education & Human Sciences, Rm 121



Fourth 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 fourth grade? Come find out what fourth 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: Aug 15, 22, 29, Sept 12, 19, 26

Location: Parkinson Hall, Rm. 216

Searching for Family: Advanced (6 p.m.)

Instructor: Elisa Barnes-Shizak, Emeritus Accredited Genealogist

Participants will receive a more in-depth training on how to use Ancestry.com and other search engines. Bring your laptop to class as we will be using Ancestry.com to teach some basic steps and instructing the use of all records. Participants should bring a basic family tree with parents, grandparents, etc. If unknown, participants will find them together.

Class Meets: Aug 15, 22, 29, Sept 12, 19, 26

Location: Education & Human Sciences, Rm 121

Healthy Feet for a Lifetime (6 p.m.)

Instructor: Dr. Vern Christensen, President, Mississippi Podiatric Medical Association

This course will offer a basic overview of good foot health covering sports, diabetes, surgery, shoe wear, and exercise. Healthy, happy feet lead to a healthy, happy life.

Dr. Christensen is a physician/surgeon in private practice with offices in Amory and Starkville. He is dual board certified in podiatric surgery and wound care and is CEO and medical director at Foot Specialists of Mississippi. Currently serving as President of the Mississippi Podiatric Medical Association, Dr. Christensen also enjoys spending time with family and in church and community activities. He is the proud father of Aubry, Dane, and Kylie and lucky husband of Robin.

Class Meets: September 19 only

Location: Education & Human Sciences, Rm 120

This is a free bonus class. (Will not count towards your 3 course limit)

TUESDAYS

Job Search Tips (11 a.m.)

Instructor: Towanda Williams, Career Specialist, The W

Participants will learn basic resume writing, interviewing skills, business etiquette and more. This course will provide participants with job searching skills that will equip them with tools to succeed. Learn how to effectively set up and utilize your LinkedIn account for job searching.

Class Meets: Aug 16, 23, 30, Sept 6, 13, 20

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: Aug 16, 23, 30, Sept 6, 13, 20
Location: MUW Stark Recreation Center, Pool

Drone 101 (3 p.m.)

Instructor: Mike Hainsey A.A. E., Executive Director Golden Triangle Regional Airport

This course will cover the basic rules for the safe operation of drones not only in the Golden Triangle area but throughout the country. There will be a discussion on FAA requirements as well as where the primary aircraft flight paths are. It will wrap up with how to have fun and potentially make money operating a drone.

Class Meets: Sept 20 Only
Location: Education & Human Sciences, Rm 121

Stretch, Breathe & 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/sticky mat or a large towel to lie on.**

Class Meets: Aug 16, 23, 30, Sept 6, 13, 20
Location: MUW Stark Recreation Center, Aerobic Studio

Real Housewives Meet Jane Austen (5 p.m.)

Instructor: Dr. Amy Pardo, Professor of English, The W

In this course, participants will discuss how the themes of Jane Austen's novels can be seen two hundred years later in the Bravo TV Reality Series Real Housewives. Participants will read Pride and Prejudice to compare to all of your favorite housewives!

Class Meets: Aug 16, 23, 30, Sept 6, 13, 20
Location: Painter Hall, Rm 205

Garden Archaeology (6 p.m.)

Instructor: Rufus Ward, Historical Research Consultant, Author, and Newspaper Columnist

All kinds of artifacts turn up during yard work, in old neighborhoods and around old house sites. This class will help identify those artifacts, tell where they came from, and the stories they tell.

Class Meets: Aug 16, 23, 30, Sept 6, 13, 20
Location: Education & Human Sciences, Rm 121

Splash Time (6:15 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: Aug 16, 23, 30, Sept 6, 13, 20
Location: MUW Stark Recreation Center, Pool

WEDNESDAYS

The Art of Painting on Glass: Beginner (9 a.m.)

Instructor: Elisa Barnes-Shizak, Former Floral Designer for Beaumont Glass

Participants will learn how to paint on glass, how to fire the ware, learn brushes and brush strokes, and how to create a design to paint on glass. **An additional fee of \$25 will be charged for this course.**

Class Meets: Aug 17, 24, 31, Sept 7, 14, 21
Location: Education & Human Sciences, Rm 121

Walk-A-Weigh (9 a.m.)

Instructor: Vivian Cade, MSU Extension Agent III

Walk-A-Weigh is a combined nutrition classroom program and physical activity on walking track in gym. The main purpose is to encourage adults to adopt healthy nutrition practices and increase daily/weekly physical activity. Please bring bottled water and wear comfortable clothes and walking shoes.

Class Meets: Aug 17, 24, 31, Sept 7, 14, 21
Location: Education & Human Sciences, Rm 121

The Art of Painting on Glass: Advanced (12 p.m.)

Instructor: Elisa Barnes-Shizak, Former Floral Designer for Beaumont Glass

Participants in this course will learn more advanced brush strokes and how to blend colors to create a design on glass. **An additional fee of \$25 will be charged for this course.**

Class Meets: Aug 17, 24, 31, Sept 7, 14, 21
Location: Education & Human Sciences, Rm 121



Beginning Crochet (1 p.m.)

Instructor: Judy Coleman, Needlework Artist

Understand how to read simple crochet patterns, make a variety of stitches, and create your own needlecrafts. Bring a packet of crochet hooks and any color yarn to class.

Class Meets: Aug 17, 24, 31, Sept 7, 14, 21
Location: Education & Human Sciences, Rm 224

Dreams 101: An Introduction (3 p.m.)

Instructor: Reverend Deacon Pam Rhea, St. Paul's Episcopal Church

This course will cover some basic concepts about dreams such as symbolism, archetypes, dream recall and more. The language of dreams will be examined using a Jungian mystical approach, and some references will be used from Judeo-Christian literature as well as other sources.

Class Meets: Aug 17, 24, 31, Sept 7, 14, 21
Location: Education & Human Sciences, Rm 121

THURSDAYS

Dancercise (9 a.m.)

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

Dancercise is a class with a blend of dance and exercise. Move your body with this low impact cardio class to improve fitness. A variety of music genres and moves from the 50s, 60s, and 70s. Anyone can move and groove.

Class Meets: Aug 18, 25, Sept 1, 8, 15, 22

Location: MUW Stark Rec Center, Aerobic Studio

Five Wishes (1 p.m.)

Instructor: Dottie Porter, C.P.E, RN, MS in Counseling Psychology

The Five Wishes is a program developed by the Hospice Association to help people decide what kind of care they want at the end of their life. Participants will work together through a workbook that can become a legal document regarding their own wishes. We will discuss the varying aspects of care for the dying. **An additional fee of \$1 will be charged for the workbook.**

Class Meets: Aug 18, 25, Sept 1, 8, 15, 22

Location: Education & Human Sciences, Rm 121

Mississippi and the Makings of the Civil Rights Movement (5 p.m.)

Instructor: Daaiyah Heard, Graduate Teaching Assistant, The W

Historically, the Civil Rights Movement is characterized as a peaceful, non-violent movement that brought about social and political change throughout the entire South. This course will review the philosophies that shaped the Civil Rights Movement to compare them with the movement in Mississippi during the 1960s by examining resistance, women, the idea of black power, and voting.

Class Meets: Aug 18, 25, Sept 1, 8, 15, 22

Location: Education & Human Sciences, Rm 224

Practical Retirement Planning (6 p.m.)

Instructor: Robert Manning, Certified Public Accountant

This course is designed to teach participants the basics of retirement planning. Participants will review the different retirement accounts available such as 401-ks, IRAs, and Roths from a non technical perspective. Course material will be based on the ages of the participants.

Class Meets: Aug 18, 25, Sept 1, 8, 15, 22

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.

FALL TERM 1 SCHEDULE

	Monday	Tuesday	Wednesday	Thursday
9:00	Searching for Family: Beginners		Art of Painting on Glass: Beginner Walk-A-Weigh	Dancercise
11:00		Job Search Tips		
12:00	Fall Leaves Watercolor Workshop (August 29 only)		Advanced Art of Painting on Glass: Advanced	
1:00		Splash Time	Beginning Crochet	Five Wishes
1:30	Birch Trees/Fall Landscape Workshop (August 29 only)			
3:00		Drone 101 (September 20 only) Stretch, Breathe and Relax	Dreams 101: An Introduction	
5:00	Understanding Your Skin Type	Real Housewives Meet Jane Austen		Mississippi and the Makings of the Civil Rights Movement
6:00	Fourth Grade Math Searching for Family: Advanced Healthy Feet	Garden Archaeology		Practical Retirement Planning
6:15		Splash Time		

LEP COURSE REGISTRATION

FALL 2016 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:

August 15 - September 26

- ☐ Art of Painting on Glass: Advanced
- ☐ Art of Painting on Glass: Beginner
- ☐ Beginning Crochet
- ☐ Birch Trees/Fall Landscape Workshop
(August 29 only)
- ☐ Dancercise
- ☐ Dreams 101: An Introduction
- ☐ Drone 101 (September 20 only)
- ☐ Fall Leaves Watercolor Workshop
(August 29 only)
- ☐ Fourth Grade Mathematics
- ☐ Garden Archaeology

- ☐ Healthy Feet for a Lifetime
- ☐ Job Search Tips
- ☐ Mississippi and the Makings of the
Civil Rights Movement
- ☐ Practical Retirement Planning
- ☐ Real Housewives Meet Jane Austen
- ☐ Searching for Family: Beginners
- ☐ Searching for Family: Advanced
- ☐ Splash Time
- ☐ Splash Time: Evening
- ☐ Stretch, Breathe and Relax
- ☐ Understanding Your Skin Type
- ☐ Walk-A-Weigh

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

Extra Course Fee: _____ x \$10

☐ Birch Tree: \$10 ☐ Fall Leaves: \$10

Painting on Glass \$25

☐ Beginner ☐ Advanced

Term Total: \$ _____

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



LIFE ENRICHMENT PROGRAM DAY TRIP

The LEP is going on a day trip to the National Civil Rights Museum in Memphis at the Lorraine Motel on September 29. This is the assassination site of Dr. Martin Luther King, Jr. The National Civil Rights Museum at the Lorraine Motel is a very special experience that takes visitors through centuries of history. Visitors begin within the original Lorraine Motel structure and continue through the Legacy exhibits within the Young & Morrow and Boarding House buildings across Mulberry Street.

If you would like more information on the trip, please call Janie at 662-329-7150. You may register online at www.muw.edu/lep. The cost is \$55, lunch included.

FALL TERM 2

OCTOBER 10 -
NOVEMBER 18

MONDAYS

Searching for Family: Beginners (9 a.m.)

Instructor: Elisa Barnes-Shizak, Emeritus
Accredited Genealogist

Participants will be taught how to get started in researching their family history. Bring your laptop to class as we will be using Ancestry.com to teach some basic steps and instructing the use of all records. Participants should bring a basic family tree with parents, grandparents, etc. If unknown, participants will find them together.

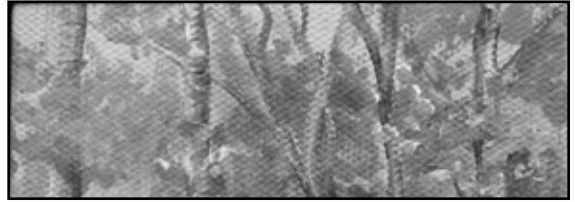
Class Meets: Oct 10, 17, 24, 31, Nov 7, 14
Location: Education & Human Sciences, Rm 121

It May Be Trivia, But It's Not Trivial (10 a.m.)

Instructor: Glenn Lautzenhiser, Lecturer and former trivia newspaper columnist

Welcome to the wild, wacky, and wonderful world of trivia. The great Ernest Hemingway said "We all have a girl and her name is Nostalgia". Trivia is one of the best ways to learn any subject. Participants will examine hundreds of pieces of trivia covering a wide range of subjects.

Class Meets: Oct 10, 17, 24, 31, Nov 7, 14
Location: Education & Human Sciences, Rm 217



Sharon Foster Art

Pumpkin Mini Canvas Workshop (12 - 1:30 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

Paint a pumpkin or two in acrylics on a 3x3 canvas. Participants will take home two self-painted pumpkin paintings with mini easels. Beginners welcome. Please bring an apron or wear clothes that you wouldn't mind getting paint splatters. **An additional fee of \$10 will be charged for this course. Brushes, paints, and painting supplies provided in class.**

Class Meets: Oct 10 Only
Location: Education & Human Sciences, Rm 121

Birch Tree/Landscape 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 a birch tree landscape on a mini canvas. Everyone will walk away with two mini canvases of their own with easels. Please bring an apron or wear clothes that you wouldn't mind paint splatters. **An additional fee of \$10 will be charged for this course. Brushes, paints, and painting supplies provided in class.**

Class Meets: Oct 10 Only
Location: Education & Human Sciences, Rm 121

The 50th Anniversary of Desegregation at MUW: A Study (6 p.m.)

Instructors: Dr. Erin Kempker, Associate Professor of History, The W & Dr. Derek Webb, University Archivist, The W

This course is built around the events and research related to the 50th anniversary of desegregation, which the campus will celebrate in Fall 2016. Participants will attend exhibits, read essays, and generally discuss the history of integration as it is being portrayed in the desegregation publications and events.

Class Meets: Oct 10, 17, 24, 31, Nov 7, 14
Location: Painter Rm 133

Searching for Family: Advanced (6 p.m.)

Instructor: Elisa Barnes-Shizak, Emeritus Accredited Genealogist

Participants will receive a more in-depth training on how to use Ancestry.com and other search engines. Bring your laptop to class as we will be using Ancestry.com to teach some basic steps and instructing the use of all records. Participants should bring a basic family tree with parents, grandparents, etc. If unknown, participants will find them together.

Class Meets: Oct 10, 17, 24, 31, Nov 7, 14
Location: Education & Human Sciences, Rm 121

TUESDAYS

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: Oct 11, 18, 25, Nov 1, 8, 15
Location: McDevitt Hall, Alpha Lab

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: Oct 11, 18, 25, Nov 1, 8, 15
Location: MUW Stark Recreation Center, Pool



Stretch, Breathe & 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/sticky mat, or a large towel to lie on.

Class Meets: Oct 11, 18, 25, Nov 1, 8, 15

Location: MUW Stark Recreation Center, Aerobic Studio

Real Housewives Meet Jane Austen (5 p.m.)

Instructor: Dr. Amy Pardo, Professor of English, The W

In this course, participants will discuss how the themes of Jane Austen's novels can be seen two hundred years later in the Bravo TV Reality Series Real Housewives. Participants will read Pride and Prejudice to compare to all of your favorite housewives!

Class Meets: Oct 11, 18, 25, Nov 1, 8, 15

Location: Painter Hall, Rm 205

Fifth 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 fifth grade? Come find out what fifth 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: Oct 11, 18, 25, Nov 1, 8, 15

Location: Parkinson Hall, Rm 216

Splash Time (6:15 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: Oct 11, 18, 25, Nov 1, 8, 15

Location: MUW Stark Recreation Center, Pool

WEDNESDAYS

The Art of Painting on Glass: Beginner (9 a.m.)

Instructor: Elisa Barnes-Shizak, Former Floral Designer for Beaumont Glass

Participants will learn to paint on glass, how to fire the ware, learn basic brush strokes, learn brushes and how to create a design to paint on glass. **An additional fee of \$25 will be charged for this course.**

Class Meets: Oct 12, 19, 26, Nov 3, 10, 17

Location: Education & Human Sciences, Rm 121

Whole Body Health (11 a.m.)

Instructor: Melissa Rushing, Founder & CEO of Bella Derma | Organic Day Spa

Participants will leave this course with a better understanding of their body holistically. Learn how to use essential oils effectively and discover why it's important to keep your mind, body and soul healthy.

Class Meets: Oct 12, 19, 26, Nov 3, 10, 17

Location: Education & Human Sciences, Rm 121

The Art of Painting on Glass: Advanced (12 p.m.)

Instructor: Elisa Barnes-Shizak, Former Floral Designer for Beaumont Glass

Participants in this course will learn more advanced brush strokes and how to blend colors to create a design on glass. **An additional fee of \$25 will be charged for this course.**

Class Meets: Oct 12, 19, 26, Nov 3, 10, 17

Location: Education & Human Sciences, Rm 121

Advanced Crochet (3 p.m.)

Instructor: Judy Coleman, Needlework Artist

Basic crocheting skills required for this intermediate level course. Discover even more enjoyment from the art of crochet and create more complex needlework items. Bring a packet of crochet hooks and any color yarn to class.

Class Meets: Oct 12, 19, 26, Nov 3, 10, 17

Location: Education & Human Sciences, Rm 224

Observational Drawing with Your Child/Grandchild (3 p.m.)

Instructor: Dr. Gillian Furniss, Assistant Professor of Art Education, The W

This course introduces observational drawing from life to participants. Participants will discuss the significance of observational drawing as an important artistic practice and will be executing observational drawings on the MUW campus including Eugenia Summer Gallery. Participants are encouraged to bring their children or grandchildren as a way to share an intergenerational art experience. Beginners welcome.

Class Meets: Oct 12, 19, 26, Nov 3, 10, 17

Location: Education & Human Sciences, Rm 121

THURSDAYS

Gluten-Free Delights (9 a.m.)

Instructor: Ana Arnizaut-Vilella, Health Food Coach and Gourmet Afficionado

This culinary course will focus on entrees made with gluten-free recipes. A selection of recipes from Mexico, Spain, Puerto Rico, Italy and Brazil will be covered. This course will introduce healthy habits to use low sodium, low fat, herbs and different seasoning to the table. **An additional fee of \$35 will be charged for this course.**

Class Meets: Oct 13, 20, 27, Nov 3, 10, 17

Location: Education & Human Sciences, Rm 121

Job Search Tips (5 p.m.)

Instructor: Towanda Williams, Career Specialist, The W

Participants will learn basic resume writing, interviewing skills, business etiquette and more. This course will provide participants with job searching skills that will take the edge off of the professional interviewing presentation. Learn how to effectively set up and utilize your LinkedIn account for job searching.

Class Meets: Oct 13, 20, 27, Nov 3, 10, 17

Location: Greater Columbus Learning Center



FRIDAYS

Holiday Mini Canvas Workshop

(12 - 1:30 p.m.)

Instructor: Sharon Foster, Owner of Sharon Foster Art

In this workshop, participants will learn how to paint mini canvases. Everyone will walk away with two mini canvases of their own and an easel for each. Brushes, paints, and painting supplies provided in class. Please bring an apron or wear clothes that you wouldn't mind paint splatters. As an extra bonus, Sharon will show you how to turn the mini canvases into ornaments for your tree.

An additional fee of \$10 will be charged for this course.

Class Meets: Nov 4 Only

Location: Education & Human Sciences, Rm 121

Winterscape 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 a winterscape on a mini canvas. Everyone will walk away with two self-painted mini canvases with easels of their own. Brushes, paints, and painting supplies provided in class. Please bring an apron or wear clothes that you wouldn't mind paint splatters. **An additional fee of \$10 will be charged for this course.**

Class Meets: November 4 Only

Location: Education & Human Sciences, Rm 121



Sharon Foster Art

FALL TERM 2 SCHEDULE

	Monday	Tuesday	Wednesday	Thursday
9:00	Searching for Family: Beginners		Art of Painting on Glass: Beginner	Gluten-Free Delights
10:00	It May Be Trivia, But It's Not Trivial			
11:00			Whole Body Health	
12:00	Pumpkin Mini Canvas Workshop (Oct. 10 only)		Art of Painting on Glass: Advanced	Holiday Mini Canvas Workshop (Nov. 4 only)
1:00		Microsoft Excel Splash Time	Advanced Crochet	
1:30	Birch Trees/Fall Landscape Workshop (Oct. 10 only)			<i>Winterscape Mini Canvas Workshop (Friday, Nov. 4 only)</i>
3:00		Stretch, Breathe and Relax	Observational Drawing with Your Child/Grandchild	
5:00		Real Housewives Meet Jane Austen		Job Search Tips
6:00	The 50th Anniversary of Desegregation at MUW: A Study Searching for Family: Advanced	5th Grade Mathematics		
6:15		Splash Time		

LEP COURSE REGISTRATION

FALL 2016 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:

October 10 - November 18

- | | |
|---|---|
| <input type="checkbox"/> Advanced Crochet | <input type="checkbox"/> Observational Drawing with Your Child/Grandchild |
| <input type="checkbox"/> Art of Painting on Glass: Advanced | <input type="checkbox"/> Pumpkin Mini Canvas Workshop (Oct. 10 only) |
| <input type="checkbox"/> Art of Painting on Glass: Beginner | <input type="checkbox"/> Real Housewives Meet Jane Austen |
| <input type="checkbox"/> Birch Tree/Landscape Mini Canvas Workshop (Oct. 10 only) | <input type="checkbox"/> Searching for Family: Beginners |
| <input type="checkbox"/> Fifth Grade Mathematics | <input type="checkbox"/> Searching for Family: Advanced |
| <input type="checkbox"/> The 50th Anniv. of Desegregation at MUW: A Study | <input type="checkbox"/> Splash Time |
| <input type="checkbox"/> Gluten-Free Delights | <input type="checkbox"/> Splash Time: Evening |
| <input type="checkbox"/> Holiday Mini Canvas Workshop (Nov. 4 only) | <input type="checkbox"/> Stretch, Breathe and Relax |
| <input type="checkbox"/> It May Be Trivia, But It's Not Trivial | <input type="checkbox"/> Whole Body Health |
| <input type="checkbox"/> Job Search Tips | <input type="checkbox"/> Winterscape Mini Canvas Workshop (Nov. 4 only) |
| <input type="checkbox"/> Microsoft Excel | |

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.

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

Term Fee: \$35

Extra Course Fee: _____ x \$10

☐ Holiday: \$10 ☐ Winterscape: \$10

☐ Birch Tree: \$10 ☐ Pumpkin: \$10

Painting on Glass \$25

☐ Beginner ☐ Advanced

Gluten-Free Delights \$35

Term Total: \$ _____

WE APPRECIATE THE 2016 LEP ADVISORY BOARD!

Thank you for bringing your passion, intellect, insight, experience and resources to the table.

LEP ADVISORY BOARD MEMBERS

LeAnn Alexander
Ezra Baker
Barbara Bigelow
Joey Bragg
Danny Avery
Sheila Butler
Nadia Colom
Jackie DiCicco
Jennifer Fillmore
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Dr. Germain McConnell
Melissa Parsons
Sharon Patrick
Dr. Josie Shumake
Elizabeth Simpson
Claude Simpson
Tina Sweeten-Lunsford
Barbara Yeates

IMPORTANT REMINDERS!

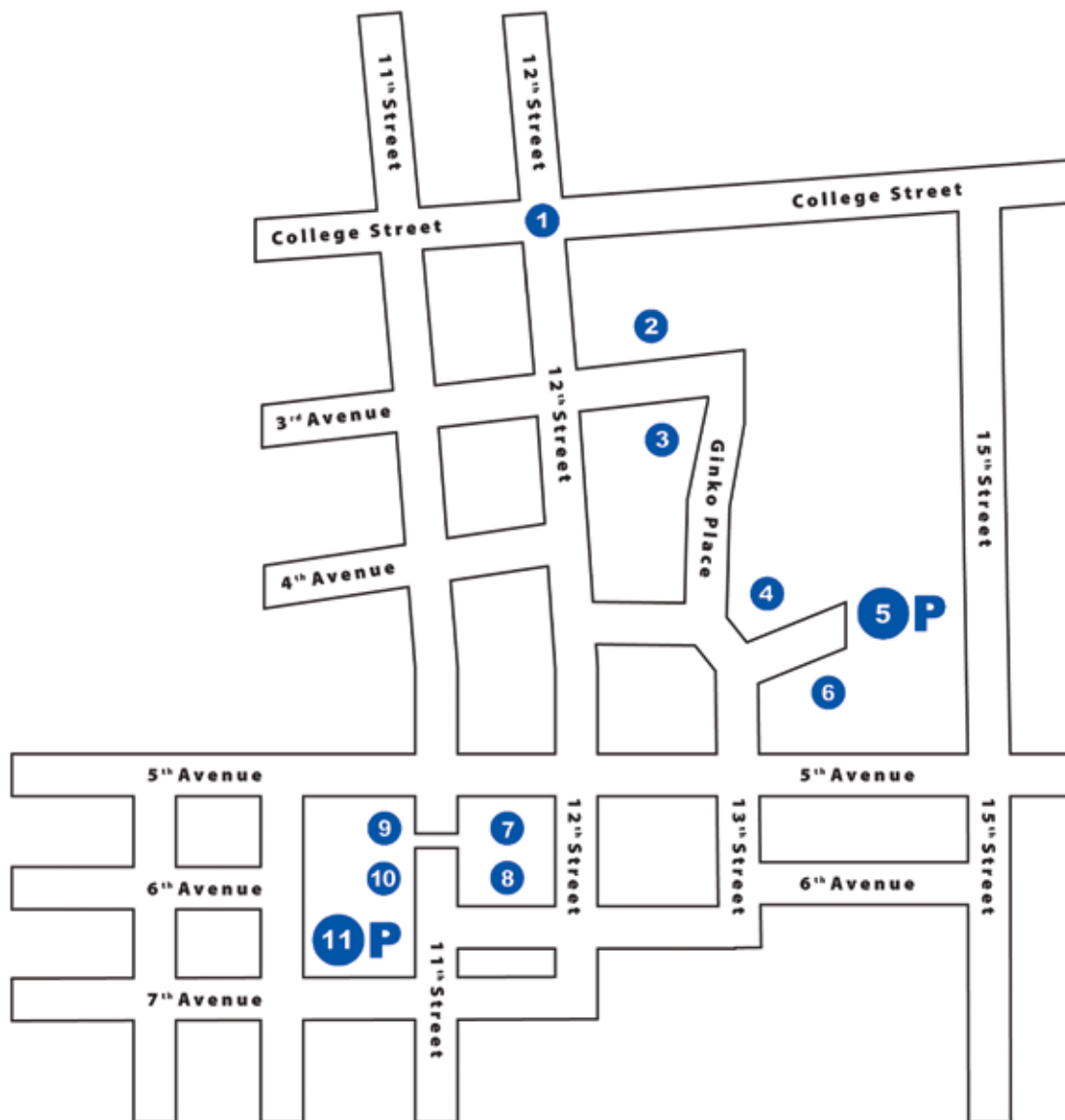
Registration Considerations: Your courtesy and assistance is appreciated in these matters:

- Only sign up for courses you plan to attend. If your plans change, promptly contact Janie Shields at 662-329-7150 to drop the course.
- Using a credit card is the preferred method of payment.

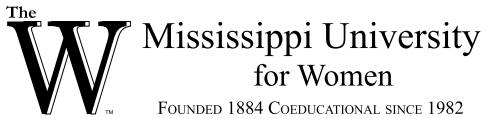
Class Cancellations: If classes are cancelled for any reason and you are enrolled in the class, you will be notified via email or phone prior to the start of the class.

Weather Incidents: The Life Enrichment Program adheres to The W's inclement weather policy. If The W is closed due to weather, the LEP will not hold classes at any location.

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 | |



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

FALL 2016