

### TR INTRO TO KARATE

If you join this class, you will work on continuous group organization, memory skills, and muscle memory. Participants will learn to train themselves how to become and stay engaged in various activities! Classes will be scheduled upon request, once we have four or more students interested and available. Call the number below TODAY to be added to the interest list for an upcoming class.



### TR BASICS OF CUPCAKE DECORATING

Participants will learn the basics of cupcake decorating including how to fill piping bags and the use of piping tips. Everyone should wear an apron – so bring one or an old shirt! Make sure your hair is pulled back! There is a supply fee of \$10 that will need to be paid to the instructor at the start of class.

Day: Tuesday  
Date: September 13 **Course Code: 16358**  
Time: 3:00 p.m. - 4:30 p.m.  
Fee: \$25 (resident) \$37.50 (non-resident)  
Age: 6 & older  
Location: Activities House

### TR COOKIE BAKING CLASS

Let's learn the basics of Ms. Latisha's signature "Lemon Iced" cookies! This class is broken down into two days. Day one will consist of going over the recipe and the icing glaze (YUM!!!). Day two will be the actual baking and decorating (DOUBLE YUM!!!). Make sure you wear an apron or bring an old shirt!! There is an additional supply fee of \$10 that will need to be paid to the instructor on the first day of class.

Day: Tuesday & Wednesday  
Date: September 20 & 21 **Course Code: 16359**  
Time: 3:00 p.m. - 4:30 p.m.  
Fee: \$15 (resident) \$22.50 (non-resident)  
Age: 6 & older  
Location: Activities House

### TR DEVOUR IN AN HOUR

We're going out for lunch!!!! This group is designed to help participants work on social skills, money management, and making healthier eating choices while in the community. The name of the restaurant will be given out about a week in advance. Bring money for lunch!

Day: Thursday  
Date: September 22 **Course Code: 16360**  
Time: 11:00 a.m.  
Fee: \$7 (resident) \$10.50 (non-resident)  
Age: 18 & older  
Location: Meet at the Activities House

### TR EXERCISE WITH TONI

This is a simple goal! Come get some exercise with Toni! This class will be a combination of TR Yoga and TR Dance. Make sure to wear comfortable clothes and bring water!

Day: Thursdays  
Date: Session I: September 22 - October 13 **Course Code: 16361**  
Session II: October 27 - November 17 **Course Code: 16362**  
Time: 4:00 p.m. - 5:00 p.m.  
Fee: \$30 per session (resident) \$45 per session (non-resident)  
Age: 14 & older  
Location: Activities House



## TR WII FIT CLUB

Come join us as *Wii* get *Fit* with our friends AND play video games??!! Is that even possible? You'll have to join us to find out! **No class October 10.**

Day: Mondays  
 Date: September 26 - October 24 **Course Code: 16363**  
 Time: 10:00 a.m. - 11:00 a.m.  
 Fee: None  
 Age: 18 & older  
 Location: Activities House

## TR KARAOKE NIGHT

Let's channel our inner rock stars! Eat dinner before you arrive.

Day: Tuesday  
 Date: September 27 **Course Code: 16364**  
 Time: 6:30 p.m. - 8:30 p.m.  
 Fee: None  
 Age: 14 & older  
 Location: Activities House



## TR BOWLING LEAGUE

Will you bowl a strike or a spare?? What about a TURKEY??!! Come out with your friends and just have a blast!! Let's see who can get the highest score! *Please arrive by 3:45 p.m. each bowling day!*

Day: Tuesdays  
 Date: October 4 - November 1 **Course Code: 16365**  
 Time: 4:00 p.m.  
 Fee: \$35 per session (resident) \$52.50 per session (non-resident)  
 Age: 18 & older  
 Location: Fayette Fun Bowl



## TR TACKY SWEATER - CHRISTMAS KARAOKE NIGHT

We all love Christmas carols, right?? Wear your tackiest Christmas sweater and let's sing our favorite Christmas songs! Pizza and snacks will be available!

Day: Tuesday  
 Date: November 29 **Course Code: 16366**  
 Time: 6:30 p.m. - 8:30 p.m.  
 Fee: \$5 (resident) \$7.50 (non-resident)  
 Age: 14 & older  
 Location: Activities House

## TR PAJAMA, PIZZA, CHRISTMAS MOVIE MARATHON

Which movies will we watch?!?! Bring your one favorite Christmas movie and come join us, dressed in your comfy pajama pants, slippers, and robe – we'll enjoy pizza and at least two of our favorite Christmas movies!

Day: Tuesday  
 Date: December 6 **Course Code: 16367**  
 Time: 4:00 p.m. - 8:30 p.m.  
 Fee: \$7 (resident) \$10.50 (non-resident)  
 Age: 14 & older  
 Location: Activities House

**TR ELEMENTS OF ART**

Fall welcomes change, and this art class adapts with change graciously and CREATIVELY. The participants will explore their creative path with inks, acrylic paints, clay, oils, and many different types of mixed mediums. We will use canvas, wood, and fabric to paint our creations! We have no limitations in this class and it's always something new!

Day: Thursdays  
 Date: Session I: September 1, 8, 15      **Course Code: 16368**  
           Session II: October 6, 13, 20      **Course Code: 16369**  
           Session III: November 3, 10, 17      **Course Code: 16370**  
           Session IV: December 1, 8, 15      **Course Code: 16371**  
 Time: 5:00 p.m. - 6:00 p.m.  
 Fee: \$80 per session (resident)      \$120 per session (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House



**TR ART WORKSHOP: *Still Memories of People, Places, & Things***

Participants will be required to bring in their favorite photo of their favorite family vacation destination. Maybe the summer beach or Grandma's farm house... It's up to the artist. Artists will work on a medium-sized canvas to create their special moment in time.

Day: Tuesday  
 Date: September 13      **Course Code: 16372**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$125 (resident)      \$187.50 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House

**TR ART WORKSHOP: *"Stained Glass Window Panes"***

This is a new one!!! You don't want to miss this incredible painting opportunity!!!

Day: Tuesday  
 Date: September 20      **Course Code: 16373**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$100 (resident)      \$150 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House

**TR ART WORKSHOP: *Suminagashi-Floating Colors of Wonder***

The Japanese have used this technique for centuries. The participants will be marbling by placing different colors of ink on top of water. They will then use a specific type of paper to place on top of the colorful design. The design will create transfers exactly how it is on top of the water onto their paper. This project is extraordinary. Each participant will create at least two of these beautiful marbled creations.

Day: Tuesday  
 Date: October 18      **Course Code: 16374**  
 Time: 5:00 p.m. - 6:30 p.m.  
 Fee: \$100 (resident)      \$150.00 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House



**TR ART WORKSHOP: *Harvest of Gratitude - Still life (preserve)***

Participants will study a still life of pumpkins/gourds and paint from their viewpoint the “still life” in front of them. These paintings are rich in color and challenge the artist to create light, contrast, and color. What a perfect way to preserve the “perfect harvest.”

Day: Tuesday  
 Date: October 25 **Course Code: 16375**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$125 (resident) \$187.50 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House

**TR ART WORKSHOP: *WHAT? Holiday Greetings!***

Yes, it is that time of year and by request, we will create these cards so you have plenty of time to sign, seal, and deliver them with love! Each participant will create 12 authentic painted Christmas cards (plus a BONUS gift!) to send family and friends for the holiday season. These cards are sure to bring warm thoughts by the artist’s hand that holds the paint brush and their hearts!

Day: Tuesday  
 Date: November 15 **Course Code: 16376**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$125 (resident) \$187.50 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House

**TR ART WORKSHOP: *Santa’s Helpers Creating Gifts of Gratitude***

November is a month of gratitude and time to check off your holiday list before December! This art class will create **5 gifts** that you may give to the ones you love...The holidays are around the corner. Each participant will create a glass ornament, two stained glass 8X10 picture frames, and mini-tile with an easel and/or paintings (just to name a few).

Day: Tuesday  
 Date: November 29 **Course Code: 16377**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$125 (resident) \$187.50 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House



**TR ART WORKSHOP: *Norman Rockwell Would be Pleased***

An authentic painting for a loved one is the best way to say “Happy Holidays.” Participants will create their own expressionistic painting by choosing one of Norman Rockwell’s holiday classics. An oversized canvas will reflect their masterpiece by using acrylic paints. This gift will spread the holiday cheer every year!

Day: Tuesday  
 Date: December 6 **Course Code: 16378**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$125 (resident) \$187.50 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House

**TR ART WORKSHOP: *2-D Winter Wonderland***

This workshop will leave everyone in awe! Each participant will create a winter scene that will have texture, two-dimensional applications, and extraordinary color. By using inks, acrylic paints, and metallic pieces of snowflakes, the expressionistic winter scene will add wonder to the winter season. This will be created on an oversized canvas!

Day: Tuesday  
 Date: December 13 **Course Code: 16379**  
 Time: 5:00 p.m. - 7:00 p.m.  
 Fee: \$125 (resident) \$187.50 (non-resident)  
 Age: 10 & older  
 Location: Downstairs Activities House

