

Activities for Adults

Karate Instruction for Adults

Held at Master K's Karate - 48171 Van Dyke, North of 21 Mile

Karate for Adults (Ages 12 & Up) - Get in shape while learning Karate & Self-Defense. Wear loose clothing to this fun, no contact beginner's class. Work at your own level & increase focus, balance, control & strength while learning valuable martial arts techniques. Relieve stress & achieve higher self-confidence. **Fee: \$30 residents, \$37 non-residents, *3 week class \$23 residents \$30 non-residents**

| | | | | |
|------------|-----|--------|-------------|--------|
| #121305-C1 | Mon | May 4 | 7:15-8:30pm | *3 wks |
| #121305-C2 | Mon | June 1 | 7:15-8:30pm | 4 wks |
| #121305-C3 | Mon | July 6 | 7:15-8:30pm | 4 wks |
| #121305-C4 | Mon | Aug 3 | 7:15-8:30pm | 4 wks |

Co-ed Boxing Workout (Ages 12 & Up) - This program is specifically designed for anyone who always wanted to learn how to box, train like a boxer & get in some good cardiovascular exercise. You will learn the fundamentals of the sport, how to use the equipment, and the footwork and drills for amateur level boxing. This is a no-contact class that is fun & great for conditioning. The opportunity is there to carry it further into sparring if so desired with proper safety equipment. Seniors and executives welcome! Hand protection recommended. Classes held at the Clinton Township Location (40170 Hayes & 17 Mile Road). No class on May 25. **Fee: \$30 residents, \$37 non-residents, *3 week class \$23 residents \$30 non-residents**

| | | | | |
|------------|-----|---------|---------------|--------|
| #121305-D1 | Wed | May 6 | 7:30-8:30pm | 4 wks |
| #121305-D2 | Sat | May 2 | 10:00-11:00am | 4 wks |
| #121305-D3 | Wed | June 3 | 7:30-8:30pm | 4 wks |
| #121305-D4 | Sat | June 6 | 10:00-11:00am | 4 wks |
| #121305-D5 | Wed | July 1 | 7:30-8:30pm | 4 wks |
| #121305-D6 | Sat | July 11 | 10:00-11:00am | *3 wks |
| #121305-D7 | Wed | Aug 5 | 7:30-8:30pm | 4 wks |
| #121305-D8 | Sat | Aug 1 | 10:00-11:00am | 4 wks |



TAE ROBICS

Looking for a low-impact routine that combines the concepts of Tae Bo and Aerobics? We stretch and tone your body using punches and kicks with a touch of aerobics for an outstanding cardio workout. Wear loose clothes, bring water and a towel. Meets at Master K's Karate, 48171 Van Dyke, ½ mile south of 22 Mile. All levels of experience are welcome from novice to advanced students. No class on May 25 or Sept 7. **Fee: \$30 resident, \$37 non-resident**

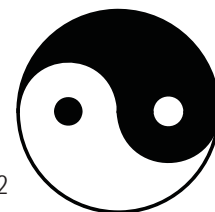
| | | | | |
|------------|-----|---------|-------------|-------|
| #121308-A1 | Mon | May 11 | 8:30-9:30pm | 6 wks |
| #121308-A2 | Mon | June 29 | 8:30-9:30pm | 6 wks |
| #121308-A3 | Mon | Aug 10 | 8:30-9:30pm | 6 wks |

Women's Kickboxing (Ages 14 & Up) - Get into shape with this high energy, no contact workout that introduces kickboxing techniques & exercises. Learn the proper way to kick, punch & perform combinations taught by a black belt instructor. This is not an aerobics class. Wear loose clothing. Specific hand protection recommended (available through Master K's). **Fee: \$30 resident, \$37 non-resident**

| | | | | |
|------------|-----|--------|-------------|-------|
| #121305-E1 | Thu | May 7 | 8:30-9:30pm | 4 wks |
| #121305-E2 | Tue | May 5 | 8:30-9:30pm | 4 wks |
| #121305-E3 | Thu | June 4 | 8:30-9:30pm | 4 wks |
| #121305-E4 | Tue | June 2 | 8:30-9:30pm | 4 wks |
| #121305-E5 | Thu | July 9 | 8:30-9:30pm | 4 wks |
| #121305-E6 | Tue | July 7 | 8:30-9:30pm | 4 wks |
| #121305-E7 | Thu | Aug 6 | 8:30-9:30pm | 4 wks |
| #121305-E8 | Tue | Aug 4 | 8:30-9:30pm | 4 wks |

Women's Self Defense (Ages 14 & Up) - This class is designed to help women learn practical ways to defend themselves in situations that may occur in their daily life. Learn how to escape being grabbed, choked, or pinned down, and what to do if approached with a knife, gun or club. Topics like anti-rape are discussed and learn how to use common sense to avoid dangerous situations. We'll also teach you how to use household items or things you carry in your purse to defend yourself. This is an excellent class for high school girls, those approaching college, realtors, etc. Every female would benefit from this training. The class is ongoing, and the more you attend, the more you will learn. Held at Master K's Karate of Shelby - 48171 Van Dyke, North of 21 Mile. Call 586-997-3010 for further information. **Fee: \$45 resident, \$52 non-resident**

| | | | | |
|------------|-----|------------------|-------------|-------|
| #121305-F1 | Sun | June 14, 21 & 28 | 2:00-4:00pm | 3 wks |
| #121305-F2 | Sun | July 12, 19 & 26 | 2:00-4:00pm | 3 wks |



Tai Chi

Beginner Sections 1 & 2

Tai Chi is a form of moving meditation, consisting of slow graceful movements that can improve balance, increase circulation, and reduce every day stress. It also strengthens the body and mind. Instructor Janet Randolph will help you experience the many benefits of Yang Style Tai Chi. This class is for all ages so enroll now! No equipment necessary, but please wear loose clothing. Meets at Shelby Community Center. **Fee: \$70 resident, \$77 non-resident**

Section 1

| | | | | |
|------------|-----|--------|-------------|--------|
| #121306-A1 | Tue | May 12 | 6:00-7:00pm | 10 wks |
|------------|-----|--------|-------------|--------|

Beginning Section 2 - Prerequisite: Section 1

| | | | | |
|------------|-----|--------|-------------|--------|
| #121306-A2 | Tue | May 12 | 7:00-8:00pm | 10 wks |
|------------|-----|--------|-------------|--------|

Intermediate Section 2 - Prerequisite: Section 1

| | | | | |
|------------|-----|--------|-------------|--------|
| #121306-A3 | Tue | May 12 | 8:00-9:00pm | 10 wks |
|------------|-----|--------|-------------|--------|

Activities for Adults

BODY IMAGES

51204 Danview Technology Court
North side of 23 Mile Road, west of Schoenherr



Session starts June 15 and ends Aug 22

Fees – unless listed otherwise:

1 class per week - \$110 resident, \$117 non-resident

2 classes per week - \$140 resident, \$147 non-resident

Unlimited Body Pump or Body Step- \$170 resident, \$177 non-resident

****Best Value** - Ultimate Unlimited - Attend any Body Pump, Body Step & Pilates Classes - \$185 resident, \$192 non-resident**

Body Pump - You can't get it anywhere else! It's the fastest way to shape up & lose body fat. BODY PUMP is a toning & conditioning class with weights. It's perfect for both males & females who want to add strength training into their aerobic workout. The simplicity of the class makes BODY PUMP a great starting point to develop strength & confidence. Hot sounds & compelling choreography keep you going through each workout!

| | | | |
|------------|----------------|---------------|--------|
| #121301-A1 | Mon, Wed & Fri | 9:00-10:00am | 10 wks |
| #121301-B1 | Mon & Wed | 7:30-8:30pm | 10 wks |
| #121301-C1 | Tue & Thu | 7:00-8:00am | 10 wks |
| #121301-D1 | Tue & Thu | 10:00-11:00am | 10 wks |
| #121301-E1 | Tue & Thu | 6:00-7:00pm | 10 wks |
| #121301-G1 | Sat | 11:15-12:15pm | 10 wks |

Body Step - The Stepping workout that makes you feel alive! Body Step is a simple, athletic and fun workout using an adjustable step platform to step up & down to uplifting music. Some of the benefits you can expect to achieve in this class are toning for lower body, increased cardio fitness and coordination & upper and lower body conditioning for functional strength. Wear good aerobic shoes.

| | | | |
|------------|-----------|-------------|--------|
| #121301-J1 | Mon & Wed | 6:20-7:20pm | 10 wks |
| #121301-K1 | Tue | 7:10-8:10pm | 10 wks |

Team F. I. T. Camp

Class meets at World Gym (23 Mile & Schoenherr)

F - Frequency
I - Intensity
T - Time



This exciting commitment is going to challenge your physical endurance, advance your fitness level and teach you valuable fitness lessons! If you want a fun, challenging workout in the mornings, join the men and women that are already addicted to this great program. Program includes 60 minutes of boot camp style workouts combined with resistance training, core training and flexibility along with BMI measurements and weigh ins. Workouts will vary weekly to keep you motivated and your muscles challenged. Daily protein shakes will also be provided for no charge....over \$40 in bonuses. Workouts will vary weekly to keep you motivated. This is a great opportunity to look the best you can! **Fee: \$120 resident, \$127 non-resident**

| | | | | |
|------------|-------------|--------|-------------|-------|
| #121303-A1 | Mon/Wed/Fri | June 1 | 6:00-7:00am | 4 wks |
|------------|-------------|--------|-------------|-------|

Kickboxing – It's the martial arts-based fitness program that will leave you empowered. This class is for everyone with moderate fitness levels. Enjoy simple moves that do not require great coordination. It's an exhilarating experience that delivers fast results!

| | | | |
|------------|-----|---------------|--------|
| #121301-L1 | Thu | 7:10-8:10pm | 10 wks |
| #121301-M1 | Sat | 10:05-11:05am | 10 wks |

Pilates – The ultimate way to obtain a great body! Get flatter abs, gain overall body strength, lose body weight, tone legs, and achieve an overall leaner look! Also improves posture! A great class for anybody regardless of your fitness level! "Unlimited" is available with this class

| | | | |
|------------|-----|--------------|--------|
| #121301-N1 | Sat | 9:00-10:00am | 10 wks |
|------------|-----|--------------|--------|

Small Group Training – Receive a personalized exercise program, including weight loss and nutritional information with a certified trainer in a small group of 3-5 people. A body fat assessment is also included. **Fee: \$295 resident, \$302 non-resident**

| | | | |
|------------|-----|-------------|--------|
| #121301-O1 | Tue | 7:00-8:00pm | 10 wks |
|------------|-----|-------------|--------|



Pilates

For this class you will need a mat only as small equipment will be provided!!! We will be learning a series of mat-based exercises designed to tone and sculpt the body, improving overall strength while creating longer, leaner muscles. Pilates concentrates on core strength, balance and flexibility while improving postural problems. This form of exercise is appropriate for all ages. Class meets at the Shelby Township Community Center. Class minimum 5 students. No class on June 11 & July 9. **Fee: \$64 resident, \$71 non-resident**

| | | | | |
|-----------|-----|--------|-------------|-------|
| #121311A1 | Thu | May 21 | 8:00-9:00pm | 8 wks |
|-----------|-----|--------|-------------|-------|

Activities for Adults

Graceful Moves Group Fitness

Do you need the motivation of others to help you commit yourself to getting in shape? Are you intimidated walking into a gym atmosphere? Have you joined a gym and wasted your money by only managing to go just a few times? Graceful Moves Fitness offers a wide variety of group fitness classes for all levels of fitness, so whether you are just starting out or are already involved in a fitness program, we have a class that will work for you. Our friendly staff & atmosphere will make your experience fun & successful! The class schedule runs for 8 weeks so we can meet your needs without any long term commitment and all equipment is provided. Let our certified instructors (Sheryl, Alyce, Dana Meaghan & Liz) help you achieve the results you want.

Mix N' Match Any Classes (Except Nutrition Seminar)

| | | |
|-------------------|------------|------------------------------------|
| 1 class/week | #221315-A1 | \$60 resident, \$67 non-resident |
| 2 classes/week | #221315-A2 | \$85 resident, \$92 non-resident |
| Unlimited Classes | #221315-A3 | \$110 resident. \$117 non-resident |

- Make-up classes available within this 8 week session only!
- No gym membership & no hidden fees!!

Fitness Yoga - A beginning form of power yoga that focuses on the fundamentals of sun salutation, breathing, relaxation, flexibility & strength. As class progresses, the intensity will increase.

| | | | |
|-----|---------|--------------|-------|
| Mon | June 22 | 6:10-7:10pm | 8 wks |
| Tue | June 23 | 9:00-10:00am | 8 wks |

Cardio Express - Running out of time to fit in exercise? Well now there are no more excuses! This class is 30 minutes of pure heart pumping cardio, floor step or box aerobics. If you have some extra time, why not get the best of both worlds & stay to strengthen and tone your muscles from head to toe. Join the Chisel Body Sculpting class that follows immediately after. Now you have it all!

| | | | |
|-----|---------|-------------|-------|
| Tue | June 23 | 6:15-6:45pm | 8 wks |
| Thu | June 25 | 6:15-6:45pm | 8 wks |

Chisel Body Sculpting - Work with a certified personal trainer to sculpt and define your total body. You will feel muscles you never knew you had! This intense workout focuses on light weights and high reps using resistance tubing, body bars & free weights. Increase your strength & improve your definition while working on your muscular endurance.

| | | | |
|-----|---------|-------------|-------|
| Tue | June 23 | 7:00-8:00pm | 8 wks |
| Thu | June 25 | 7:00-8:00pm | 8 wks |

Pilates - Using the mind to control muscles, pilates focuses on the core muscles & provides balance & strength to the spine. This class will structure your breathing & alignment of your back by strengthening your torso muscles, helping to alleviate back pain. A great core strength builder and tummy toner!!

| | | | |
|-----|---------|--------------|-------|
| Wed | June 24 | 6:10-7:10pm | 8 wks |
| Thu | June 25 | 9:00-10:00am | 8 wks |

Sweatshop - Charge your metabolism all day when you alternate between bursts of cardio & muscle segments. You are guaranteed to sweat & get the MAXIMUM calorie burn. Class will be over before you know it. Finish strong with an awesome ab workout & relaxing stretch.

| | | | |
|-----|---------|-------------|-------|
| Wed | June 24 | 7:15-8:15pm | 8 wks |
|-----|---------|-------------|-------|



Cardio Strength Intervals (C.S.I.) - This class will alternate a variety of cardio work with muscles conditioning. Cardio intervals may include hi/lo impact, step, & kick boxing. Muscle conditioning will include use of hand weights, body bars, & resistance tubing. This class will conclude with functional CORE WORK, including pilates, designed to improve strength, stability & flexibility.

| | | | |
|-----|---------|--------------|-------|
| Mon | June 22 | 9:30-10:30am | 8 wks |
|-----|---------|--------------|-------|

Zumba - A Latin inspired dance fitness utilizing the principles of interval training to maximize the burning of calories, fat & total body toning. A way of mixing body sculpting movements with easy-to-follow dance steps that make a "FUN AND ADDICTIVE" way of working out! Zumba will help you shed the pounds!

| | | | |
|-----|---------|--------------|-------|
| Mon | June 22 | 7:15-8:15pm | 8 wks |
| Wed | June 24 | 9:00-10:00am | 8 wks |
| Sat | June 27 | 8:45-9:45am | 8 wks |

Nutrition Seminar - Taught by a physical trainer, this class will show you how to eat and THINK healthy. It will not only discuss food habits, but how to burn calories & fat while still enjoying food. A great way to learn more about your body, and how to satisfy it in a healthy way. Minimum of 8 participants. **Fee: \$15**

| | | | |
|-----------|-------------|-------------|--------|
| Tue & Thu | Aug 18 & 20 | 6:00-7:30pm | 2 days |
|-----------|-------------|-------------|--------|

Activities for Adults

Graceful Moves Adult Dance

Located at 54728 Shelby Road
At the SE Corner of 25 Mile Road in the Rainbow Plaza

It's never too late or too early to learn how to dance! Graceful Moves invites all ages to have a blast learning the art of dance! Learn Hip-Hop steps to the newest beats or "Shuffle off the Buffalo" in classes offered in a variety of dance styles. Be the life of the party and dance the night away after completing sessions packed with dancing excitement!

Adult Ballet/Stretch – Ballet technique with stretching exercises to strengthen your muscle tone, posture, and flexibility. Learning ballet vocabulary and getting the chance to learn and review ballet technique you always wanted to know. **Fee: \$54 resident, \$61 non-resident**

#211515-C4 Wed July 8 7:45-8:45pm 6 wks

Adult Tap (Ages 18 & Up) – Learn to make rhythmic sounds & percussion using your feet! This class mixes both early technique style tapping & new rhythm tap together to get the best of "old" & "new" percussive tap discipline. Attire: comfortable, non-baggy clothing. Tap shoes. No long pants. **Fee: \$54 resident, \$61 non-resident**

#211515-D3 Wed July 8 7:45-8:45pm 6 wks

Adult Hip-Hop (Ages 18 & Up) - This class gives you everything that is HOT! Learn to dance to Today's Music with a little twist of old school funk & some poppin'. This class is FUN FOR ALL AGES, a good way to exercise and learn while having a BLAST! Attire: comfortable, non-baggy clothing. Hip Hop sneaker or CLEAN white-soled tennis shoe. No long pants. **Fee: \$54 resident, \$61 non-resident**

#211515-H5 Mon July 6 8:15-9:15pm 6 wks



Music Lessons with A-1 Studio

Held at the Shelby Community Center, 51670 Van Dyke, one light north of 23 Mile Road.
Call Shelby Township Parks and Recreation to Register

Beginner music instruction for ages 8 to adult in piano, portable keyboard and guitar. Courses conducted by Dick Renock, who has over 40 years experience with MANY award winning students! Held at the Shelby Community Center, 51670 Van Dyke. You do not need a musical instrument to participate. Rentals available from instructor by request at first lesson. A proven music program with award winning students taught the correct way. College-level instruction simplified with emphasis on timing. Course includes theory, melody, notes, exercises, chords and improvising. Learn classical music as well as popular and standard songs. Please bring your musical instruments to the second class. Class minimum 5 students. For in home lessons please call 586-992-1757. **Fee: \$50 resident, \$57 non-resident**

Drums

| | | | | |
|------------|-----|---------|-------------|-------|
| #111501-C1 | Tue | May 12 | 7:30-8:00pm | 5 wks |
| #111501-C2 | Tue | June 23 | 7:30-8:00pm | 5 wks |

Piano/Keyboard

| | | | | |
|------------|-----|---------|-------------|-------|
| #111501-B1 | Tue | May 12 | 8:00-8:30pm | 5 wks |
| #111501-B2 | Tue | June 23 | 8:00-8:30pm | 5 wks |

Guitar

| | | | | |
|------------|-----|---------|-------------|-------|
| #111501-A1 | Tue | May 12 | 8:30-9:00pm | 5 wks |
| #111501-A2 | Tue | June 23 | 8:30-9:00pm | 5 wks |



"Dancing Like the Stars"

Latin Salsa Dance

It's time to dance off the inches with our fun and exciting new dance program! Pounds are shed and bodies are transformed before your very eyes on the hit show....now it's your turn to dance your way to a sculpted body with this fat-blasting program. You will learn easy

to follow choreographed dance routines, have fun & gain confidence! Shed pounds on the dance floor while learning those dance moves that you can take to the next dance club or wedding. Dance your way to a stronger & healthier body! No class on June 11. Meets at the Shelby Community Center **Per Person Fee: \$49 resident, \$56 non-resident**

#121302-A3 Thu May 21 8:00-9:00pm 6 wks

Bellydancing

Women have practiced this dance to express their deepest emotions for many centuries. The instructor, Zea's Thee Awaken Spirit emphasizes slow defining movements from Cabaret Style to Gypsy Folklore. This dance form is also great exercise for ages 13 to adult, so tell a friend and sign-up for this fun-filled course that is really growing in popularity! A parent must accompany anyone under 18. Held at the Shelby Community Center. **Fee: \$20 resident, \$27 non-resident**

Beginner

| | | | | |
|------------|-----|--------|-------------|-------|
| #121507-A1 | Wed | June 3 | 7:00-8:00pm | 4 wks |
|------------|-----|--------|-------------|-------|

Intermediate - Pre-requisite: Beginner Class

| | | | | |
|------------|-----|--------|-------------|-------|
| #121507-B1 | Wed | June 3 | 8:00-9:00pm | 4 wks |
|------------|-----|--------|-------------|-------|

Activities for Adults

Home Decorating Workshops

Murals-Where to Start? - Are you creative with a paintbrush? Why not use these talents to paint murals in yours or someone else's home or office? Learn how to properly scale and size, how to execute the project, and to sell it to a potential client. Also discussed are what to use on which surface, and how much time to allow for project completion. Instructor:



Dolores Anetrini. Class meets at the Shelby Community Center. **Fee: \$75 resident, \$82, non-resident**

#121816-A1 June 2 Tue 7:00-8:30pm 4 wks

Interior Design - An intro to design covering aspects of a project such commercial or residential, what room, design theme and determining the needs and lifestyle of the people utilizing the area. We will also be discussing textiles, fabrics, hard surface choices and colors. Finally a project critique with class involvement and a completed project board at the end of class. Instructor: Dolores Anetrini. Class meets at the Shelby Community Center. **Fee: \$95 resident, \$102 non-resident**

#121816-A2 June 4 Thu 6:30-8:30pm 6 wks

Introduction to Photography

This class will provide an overview of film & digital technology and show students how they work. You will learn the insides & outs of your camera (digital or 35mm). Please bring your camera to class. We will be going over basic composition and proper exposures. Also lighting and posing will be covered. Class meets at the Shelby Community Center.

Fee: \$50 resident, \$57 non-resident

#121817-A1 Wed May 20 7:00-8:00pm 4 wks





Merry Go Round Stained Glass

6875 Rochester Rd.

Merry Go Round Stained Glass is proud to announce that classes are now available at our Rochester Studio. Classes are conducted in a workshop format. This style of class allows all levels of experience to participate. Our instructors are highly qualified. Beginner students receive extra attention. First time students are expected to purchase basic tools that cost approx. \$150 over the five weeks and are available at class. We provide irons and grinders for student use in class. As a beginner, you will complete at least one copper-foil project during class.

Fee: \$60 resident, \$67 non-resident

#121209-A1 Tue May 5 9:00-11:30am 5 wks

#121209-A2 Thu May 7 1:00-3:30pm 5 wks

Computer Crash Courses

-- Class minimum 4 - maximum 10 students --

Held at the Shelby Community Center, located at 51670 Van Dyke, 1 light north of 23 Mile Road

Introduction to Computers - Students are introduced to the computer and all of its components using a Windows operating system and basic Office software. Each class will focus on a separate program (Word, Excel, PowerPoint & Access) and the last class will be a crash course into the Internet. A \$15 per student book fee is payable at first class.

Fee: \$100 resident, \$107 non-resident

#121802-C1 Wed May 13 6:30-9:30pm 5 wks

Introduction to Computers II - This class will cover Microsoft Word, Excel & Access in much greater detail and show you how to fax, import files, insert graphics and attach files to e-mail. Basic computer maintenance including formatting disks, adding/removing programs, checking drive space and adjusting properties also included. A \$15 per student book fee is payable at first class. **Fee: \$80 resident, \$87 non-resident**

#121802-D2 Wed July 8 6:30-9:30pm 4 wks

Activities for Adults



Dynamic Public Speaking

You can learn to speak & present with confidence. This course will introduce ways to overcome the fear of speaking in front of a crowd as well as some basic rules of presentation creation. Whether you are presenting in school, the boardroom, or in front of Congress the difference in persuading an audience is in the delivery itself. You can be a phenomenal speaker! Taught by International public speaker and author of "Personal Positioning", Jill Gafner. Class meets at the Shelby Community Center. **Fee: \$50 resident, \$57 non-resident**

#121816-A1 Tue May 12 6:00-9:00pm 1 class
 #121816-A2 Tue June 2 6:00-9:00pm 1 class

START YOUR OWN ONLINE TRAVEL BUSINESS

The internet is opening the door to the opportunities & riches of business like never before! "Brick & Mortar" businesses are quickly losing revenue to the convenience of "Click & Order" businesses on the internet. Learn to capitalize on the market shift by utilizing some simple strategies & proven techniques. We can show you how to leverage your time & generate residual income 24 hours a day, 7 days a week! We will show you the perfect opportunity to transform your life through combining the fun of travel with the speed of the internet & provide you with ultimate home-based business for a minimal investment of less than \$500! Maximum - 25 people. Instructor: Jerry Birr of Unlimited Travel Plus. **Fee: \$10 resident, \$15 non-resident**



#121811-A1 Thu May 21 7:00-9:00pm 1 class
 #121811-B1 Wed July 15 7:00-9:00pm 1 class

INTERVIEW FEEDBACK

Are you new to the job market, looking for a new job, or wanting to move up in the business where you are currently employed? This is your opportunity to have a test interview with Personnel/HR professionals.



You will receive individual feedback regarding your strengths and weaknesses from a Wayne County Community College Professor and get help to prepare you to answer questions that are commonly asked at interviews. Other topics of discussion will include appearance, attitude, and personality traits. Participants also get some helpful tips on enhancing their resume. If you are planning on applying for a new position or job, this is the workshop for you! Held at the Shelby Community Center located at 51670 Van Dyke, one light north of 23 Mile Road. **Fee: \$15 resident, \$22 non-resident**

#121813-A1 Mon May 11 6:00-8:00pm 1 class

Build Your Own Rain Barrel

The Macomb County Public Works Office and Shelby Township Parks and Recreation present a workshop to teach adults the many benefits a rain barrel can bring to your home or business. Discover how to build a barrel like the one pictured for \$50 or less!

Thursday, April 30 from 6:30-7:30pm
Shadbush Nature Center

There is NO CHARGE for this workshop, but please phone the Shelby Parks & Recreation Department at 586-731-0300 or e-mail us at shelbyprm@shelbytwp.org to let us know you are coming.

