

Continuing Education Selection Sheet

Complete and Return before the next quarter begins.

Instructions: Rank each Continuing Education opportunity by your interest. The one you are **most** interested in, write a number 1 on the line and so on, until all the lines for each box is full. **If you are working, just put a mark through the box.**

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am – 10:00am	<input type="checkbox"/> Arts & Crafts (CB) <input type="checkbox"/> Scrapbooking (CB) <input type="checkbox"/> Karaoke (CB) <input type="checkbox"/> Golf Cart Driving (CS) **	<input type="checkbox"/> Arts & Crafts (CB) <input type="checkbox"/> Couch to 5K (CS) <input type="checkbox"/> Money Management (CS) <input type="checkbox"/> Plot Gardening with Cassie (CS)	<input type="checkbox"/> Couch to 5K (CS) <input type="checkbox"/> Arts & Crafts (CB) <input type="checkbox"/> Volunteering at Bastrop Animal Shelter (CB)**	<input type="checkbox"/> Mixed Media with Dr. Smith (CS) ** <input type="checkbox"/> Walking (CB) <input type="checkbox"/> Arts & Crafts (CB)	<input type="checkbox"/> Arts & Crafts (CB) <input type="checkbox"/> Field Sports (CB) <input type="checkbox"/> Gym (CS)
10:00am – 11:00am	<input type="checkbox"/> Country Western Line Dancing (CB) <input type="checkbox"/> Walking (CB) <input type="checkbox"/> Sewing and Embroidery (CS)** <input type="checkbox"/> Golf Cart Driving (CS) **	<input type="checkbox"/> Walking (CB) <input type="checkbox"/> Volunteering at the Lion Club Thrift Store (CB)** <input type="checkbox"/> Field Sports (CB) <input type="checkbox"/> Golf Cart Driving (CS)**	<input type="checkbox"/> Painting (CS) ** <input type="checkbox"/> Volunteering at Bastrop Animal Shelter (CB)** <input type="checkbox"/> Plot Gardening with Cassie (CS)	<input type="checkbox"/> Copy Writing and Editing (CS) <input type="checkbox"/> Mixed Media with Dr. Smith (CS) ** <input type="checkbox"/> Plot Gardening with Cassie (CS)	<input type="checkbox"/> Café/Free Time (CB) <input type="checkbox"/> Mindfulness (CB) <input type="checkbox"/> Music Jam Session (CB)
11:00am – 12:00pm	<input type="checkbox"/> Sewing and Embroidery (CS)** <input type="checkbox"/> Computer Class (CS) <input type="checkbox"/> Music Appreciation (CB)	<input type="checkbox"/> Volunteering at the Lion Club Thrift Store (CB)** <input type="checkbox"/> Patio/Free Time (CB) <input type="checkbox"/> Golf Cart Driving (CS) **	<input type="checkbox"/> Painting (CS) ** <input type="checkbox"/> Fishing (CB) <input type="checkbox"/> Astronomy: Learning the Spring Constellations (CS)	<input type="checkbox"/> Music Appreciation (CB) <input type="checkbox"/> Science Experiments (CS) <input type="checkbox"/> Puzzles & Games (CB)	<input type="checkbox"/> Yoga (CS) <input type="checkbox"/> Fishing (CB) <input type="checkbox"/> Karaoke (CB) <input type="checkbox"/> Creative Arts (CB)
12:00pm – 1:00pm	Lunch				
1:00pm – 2:00pm	<input type="checkbox"/> Cosmetology (CS) <input type="checkbox"/> Mindfulness (CB) <input type="checkbox"/> Painting (CS) ** <input type="checkbox"/> Café/Free Time (CB)	<input type="checkbox"/> Field Sports (CS) <input type="checkbox"/> Computer Class (CS) <input type="checkbox"/> Karaoke (CB) <input type="checkbox"/> Improve Your Reading (CS)	<input type="checkbox"/> Walking (CB) <input type="checkbox"/> Build Positive Friendships (ST) <input type="checkbox"/> Creative Arts (CB) <input type="checkbox"/> Karaoke (CB)	<input type="checkbox"/> Walking (CB) <input type="checkbox"/> Sewing and Embroidery (CS)** <input type="checkbox"/> Archery (CS) <input type="checkbox"/> Copy Writing and Editing (CS)	<input type="checkbox"/> Walking (CB) <input type="checkbox"/> Volunteering at Bastrop Animal Shelter (CB)** <input type="checkbox"/> Café/Free Time (CB) <input type="checkbox"/> Internet Surfing (CB)
2:00pm – 3:00pm	<input type="checkbox"/> Mini Horses (CS) <input type="checkbox"/> Public Speaking/Toastmasters (CS) <input type="checkbox"/> Painting (CS) ** <input type="checkbox"/> My Book About Myself (ST)	<input type="checkbox"/> Mini Horses (CS) <input type="checkbox"/> Creative Writing (CB) <input type="checkbox"/> Drawing with a Twist (CS) <input type="checkbox"/> Mastering Home Chores (CS)	<input type="checkbox"/> Mini Horses (CS) <input type="checkbox"/> Café/Free Time (CB) <input type="checkbox"/> Astronomy: Learning the Spring Constellations (CS) <input type="checkbox"/> Internet DJ'ing (CB)**	<input type="checkbox"/> Library (CB)** <input type="checkbox"/> Mini Horses (CS) <input type="checkbox"/> Sewing and Embroidery (CS)** <input type="checkbox"/> Disc Golf (CS)	<input type="checkbox"/> Volunteering at Bastrop Animal Shelter (CB)** <input type="checkbox"/> Computer Class (CS) <input type="checkbox"/> Ranch Hiking (CB) <input type="checkbox"/> Puzzles & Games (CB)
3:00pm – 4:00pm	Village Council	<input type="checkbox"/> Rancher Monthly (CB) <input type="checkbox"/> Cooking Meals in the Microwave (CS) <input type="checkbox"/> Science Experiments (CS) <input type="checkbox"/> Archery (CS)	<input type="checkbox"/> Cooking Health Snacks (CS) <input type="checkbox"/> Bible Study (CB) <input type="checkbox"/> Movie (CB)** <input type="checkbox"/> Internet DJ'ing (CB)**	<input type="checkbox"/> Library (CB)** <input type="checkbox"/> Patio/Free Time (CB) <input type="checkbox"/> Basketball (CB) <input type="checkbox"/> Bible Study (CB)	<input type="checkbox"/> Wrangler Gals (CB) <input type="checkbox"/> Music Appreciation (CB) <input type="checkbox"/> Money Management (CS) <input type="checkbox"/> Wrangler Gents (CB)
4:00pm – 5:00pm	Walmart	<input type="checkbox"/> Dancing with the Ranchers (CB) <input type="checkbox"/> Creative Writing (CB) <input type="checkbox"/> Karaoke (CB) <input type="checkbox"/> Arts & Crafts (CB)	<input type="checkbox"/> Dancing with the Ranchers (CB) <input type="checkbox"/> Movie (CB)** <input type="checkbox"/> Mindfulness (CB) <input type="checkbox"/> Café/Free Time (CB)	<input type="checkbox"/> Dancing with the Ranchers (CB) <input type="checkbox"/> Money Management (CS) <input type="checkbox"/> Drawing with a Twist (CS) <input type="checkbox"/> Talent Show (CB)	<input type="checkbox"/> Karaoke (CB) <input type="checkbox"/> Movie (CB) <input type="checkbox"/> Sweating to the Oldies (CB) <input type="checkbox"/> Gym (CS)

Key: CB = Club CS = Course ST = Skills Training ** = two hours long
--

Continuing Education Selection Sheet

Course & Club Descriptions

<p style="text-align: center;"><u>Arts & Crafts</u></p> <p>Create one of a kind items from scrap material or small kits, to keep for yourself or give as gifts.</p>
<p style="text-align: center;"><u>Scrapbooking</u></p> <p>Turn your pictures into a work of art by using many different types of material. Grab your hot glue gun, favorite pictures and an old picture album.. lets get to work!</p>
<p style="text-align: center;"><u>Karaoke</u></p> <p>Put those pipes to work! Sing your favorite song and have everyone cheer you on. Even if you are a little off key.</p>
<p style="text-align: center;"><u>Country Western Line Dancing</u></p> <p>Learn to boot scoot, so at the next dance you can really show everyone your moves.</p>
<p style="text-align: center;"><u>Walking</u></p> <p>Take short walks around the Ranch to enjoy the outdoors and the beautiful Texas scenery.</p>
<p style="text-align: center;"><u>Sewing and Embroidery</u></p> <p>Learn how to use both the sewing machine and the embroidery machine. While you practice you can make fun things for yourself and create cool gifts for friends and loved ones.</p>
<p style="text-align: center;"><u>Cosmetology</u></p> <p>Learn from a licensed cosmetologist how to care for your hair and skin. There is nothing wrong with learning a few tips and tricks to make yourself feel beautiful.</p>
<p style="text-align: center;"><u>Mindfulness</u></p> <p>When feeling stressed or overwhelmed, mindfulness can help to quiet your mind and help you relax. Become more aware of your body and learn how to slow down and enjoy your surroundings.</p>
<p style="text-align: center;"><u>Painting</u></p> <p>Learn skills on how to paint like a pro. If you don't want to paint like a pro, just come have fun and dapple in all the colors under the sun.</p>
<p style="text-align: center;"><u>Café/Free Time</u></p> <p>Take a break and enjoy some time to yourself with a good cup of coffee.</p>
<p style="text-align: center;"><u>Mini Ponies</u></p> <p>Learn horsemanship with the mini ponies, ending with a certificate and a pony parade</p>
<p style="text-align: center;"><u>Public Speaking/Toastmasters</u></p> <p>Provides a space to give regular speeches in a supportive environment, so you can become a better public speaker and self-advocate</p>
<p style="text-align: center;"><u>My Book About Myself</u></p> <p>This is a skills training group where you create a book about your family history and what makes you.. you. Then you can share your story with others, who are part of your course.</p>
<p style="text-align: center;"><u>Couch to 5K</u></p> <p>Have you ever wanted to walk or run in a 5K race? 5K is about 3 miles, so it's a distance! Each time we meet we will do a combination of walking and running to build up our stamina. At the end of the course we will be taking part in a local 5K. Whoa! You don't have to run or walk fast, its about the journey of the course and crossing the finish line.</p>
<p style="text-align: center;"><u>Money Management</u></p> <p>Do you know how to write a check, make a budget, or save money for something you want? Learn some ways to manage your money and all the steps in-between.</p>
<p style="text-align: center;"><u>Plot Gardening with Cassie</u></p> <p>Did you know that Cassie knows a bunch of stuff about gardening? Cassie is going to teach us some interesting things about the garden and plants. There also may be some fun activities to help you remember facts you learned, and maybe even were the food you eat comes from!</p>

Continuing Education Selection Sheet

Volunteering

Give back to the community and have fun doing it! At the Lions Club Thrift Store we will be folding and sorting clothes and other nit-knacks. At the Bastrop Animal Shelter you can play with dogs and cat, we make sure they are happy until getting adopted.

Field Sports

Are you getting ready for Spring Special Olympics, or just wanting to improve your overall athletic game? Be a part of field sports and enjoy things like kickball, track and other cool sports.

Golf Cart Driving

Get a ton of practice in before taking your golf cart test. Learn the parts of the golf cart, how to maintain the golf cart, and most importantly how to DRIVE the golf cart. I hear if you pass the test, your license gets hand delivered.

Patio/Free Time

Take a break and enjoy some time to yourself on the patio of the Community Center. There is nothing like a breeze rolling across the village to help you relax, while doing some independent activity.

Fishing

Come away with us to drop a line and relax. There is nothing quite like the rocking waves and the excitement of catching a whopper of a fish. Bring your chair and a hat that keeps the sun out of your face, who knows you may even catch a fish or two.

Computer Class

Are you interested in learning more about computers? This course will teach the basics and give you time to practice. Technology can be hard to master, learn some tips and tricks to make it easy.

Improve Your Reading

Who doesn't want to improve your reading skills? This course will teach you reading skills and give you time to practice what you learned.

Creative Writing

Let your pencil bring the stories in your head to life. Get direction and guidance from a trained creative writer to help better your skills. Who knows you may get published in the Rancher Monthly!

Drawing with a Twist

Choose from a variety of adult coloring pages and have a little peace and quiet. Participants will share their colored pages and their inspiration in a round robin group session. One session will be led by a Painting with a Twist instructor.

Mastering Home Chores

A course that reviews how to make sense of chores and give you an eye for the details. If you live by yourself or want to live more independently. This just may be the course for you.

Rancher Monthly

Rancher published newspaper.

Cooking Meals in the Microwave

Learn to make full meals with a few pushes of the microwave keypad.

Science Experiments

Who doesn't love science? This course will have a new activity each week were we learn interesting things about the world around us.

Archery

Learn how to safely handle and shoot an arrow. Here at Down Home Ranch we have our own archery range were we can practice, FUN!

Dancing with the Ranchers

Our version of Dancing with the Stars.

Astronomy: Learning the Spring Constellations

Did you know that there are 2 dogs, a warrior, a bull, and a bear in our night sky? The bull has one orange eye that is one of the largest stars we can see. Let's learn about all the constellations that are up in the heavens at night. We will also have a Star Party in the evening at the end of the course, we will attempt to find all the constellations we have learned about.

Continuing Education Selection Sheet

Building Positive Friendships

This is a skills training group where we will learn about things we can do to build relationships, keep friends and make new ones. We will learn as a group how to tell what someone is telling us, without them saying a word. Aren't you interested?

Internet DJ'ing

Create an online music streaming website that others around the Ranch can listen too. This is the first time we have done this club, so it is going to take hard work and talent for mixing music.

Cooking Health Snacks

Instruction on the preparation of healthy and simple recipes.

Bible Study

Take a moment to learn and reflect on God's word. This club uses a daily devotional book that helps us to understand his word day-by-day.

Movie

Enjoy a film with friends!

Copy Writing and Editing

The stories collected for the Rancher Monthly aren't going to write themselves!! Learn skills for writing and editing stories and articles for the Rancher Monthly by using the computer. If you like writing or design, this is the course for you.

Music Appreciation

Lets enjoy some awesome music in the company of our friends. We can experience new music together and talk about what we liked and what we didn't care for. Come get exposure to a wide range of music!

Puzzles & Games

Does this sound fun? Do you have a favorite game to share, or maybe a puzzle that just has the cutest kittens on it? Come play a game or two with friends.

Library

Find something interesting to read!

Talent Show

Show us your stuff. Exploring what you are good at is awesome! Maybe it's a song.. or telling jokes, we want to know what you are good at.

Gym

This is a course to help learn both technique and safety while at the gym.

Music Jam Session

Do you have an instrument that you can jam on? Bring it to this club to make some music with other rock dudes and dudettes.

Yoga

This course is led by Brooke who is a yoga instructor, with over 10 years' experience. Since all of our bodies are different Brooke is going to teach us adaptive yoga, so it's easy to understand and easy to do. Come learn about different yoga poses liked Downward Dog, or maybe Warrior 1. Yoga can help you relax and strengthen your body.

Creative Arts

Create posters, cards and other decorations for special events.

Surfing the Internet

Take some time to find cool stuff on the internet, and learn about how to be safe while on the internet.

Ranch Hiking

Did you know we have hiking trails on the Ranch.. WHOA! Let's do some guided hikes and explore our 410 acres.

Mixed Media with Dr. Smith

This course is led by Dr. Smith who is a local Artist and specializes in painting, drawing, printmaking and collage. Dr. Smith focuses on mindfulness and relaxation while creating rather than drawing the perfect picture.

Sweating to the Oldies

Richard Simmons is no stranger to Down Home Ranch. We have been sweating to his videos for years. Join this club to make sure you keep your heart rate up to hits like: *Soul Man* and *Hit the Road Jack*.