

GOLDEN LEARNING OPPORTUNITIES
CLASS SCHEDULE
SESSION 1

January 23, 2006 – February 24, 2006

985-449-7036

www.nicholls.edu/gtg

Name: _____

Address: _____

Phone: _____ Email: _____

**ON JANUARY 18, 2006 WE ARE HAVING A WELCOME
BACK SOCIAL IN THE PLANTATION ROOM AT 12:00pm
– 2:00pm. A BUFFET WILL BE AVAILABLE FOR \$5.00.**

Two outings have been scheduled:

Friday, February 3, 2006 – St. George Observatory in Schriever (viewing of the stars) 8:00pm (provide your own transportation)

Wednesday, April 19, 2006 – LUMCON (Louisiana University Marine Consortium) in Chauvin

An air-conditioned bus will bring us and pick us up

Our first Lunch-n-learn will be on February 6, 2006. Gina Thibodaux from Thibodaux Regional Medical Center will be speaking about the changes concerning Living Wills.

Please check the class or classes you are interested in taking: Each class will be once a week, two hours per class for a 5 week period.

If you have any questions please call: Eve Evans at 449-7036, email: GLO@nicholls.edu.

Monday (class dates Jan. 23, 30, Feb. 6, 13, 20)

_____ 1. Exercise 10am – 12pm (low impact, working with Frisbees, dowel rods and chairs, medium cardiovascular)

Instructor: Eloise Cade

Class Room – Century Room (Football Stadium)

Fee: \$10.00

_____ 2. Book Club 1pm – 3pm

Class Room – Ayo Hall Room

Instructor: Marcia Weber, will notify you to purchase

The book or books that will be discussed

Fee: \$10.00

Tuesday (class dates Jan. 24, 31, Feb. 7, 14,)

_____ 2. Cooking – 3:00pm – 5:00pm

Class Room – 106 Goaux Hall Fee: \$112.00

Chef Randy Cheramie invites you to five fun filled, educational afternoons exploring healthy yet flavorful cooking methods. You'll learn the correct methods of sauté, steam, poach and pan-fry. These informal classes will be entertaining and informative. Enjoy wine? Great; so does Chef! Feel free to bring a bottle to enjoy with the results of your class work. So roll up your sleeves put on your favorite apron and let's cook! (This is the only class that will have 4 class days (The class met once prior to Katrina) the cost has been adjusted.

Wednesday (class dates Jan. 25, Feb. 1, 8, 15, 22)

- _____ 5. Genealogy – 10am-12pm (Document your family history)
Nicholls Library Archives Room
Fee: \$10.00
Instructor: Cecile Evans
- _____ 6. Exercise: Yoga (learn the art of relaxation, improve
Flexibility, increase balance and improve muscle tone)
Class Room: Ayo Hall
Fee: \$10.00
Instructor: Lisa Miller

Thursday (class dates Jan. 26, Feb. 2, 9, 16, 23)

- _____ 7. Spanish (Conversation for travel)
Fee: \$10.00
Class Room: Ayo Hall
New Instructor: Lisa Yates (Ms. Yates has taught Spanish in
the Terrebonne Parish School system and also teaches beginners Spanish
through different organizations.)
- _____ 8. Bible Study 1:30pm – 3:30pm
(Nondenominational)
Class Room – FACS Bldg. 127
Instructor: Marcia Weber
Fee: \$10.00

Friday (class dates Jan. 27, Feb. 3, 10, 17, 24)

- _____ 10. Gardening 10am – 12pm (Different topics each
Class: ex: perennials, local foliage)
Class Room – FACS Bldg. 127
Fee: \$10.00 + cost of supplies

This session we will offer two Computer Classes Monday thru Friday. Class times will be from 10:00am – 12:00pm and from 1:00pm – 3:00pm. We also have added a second class, an intermediate class. This class will be to help you maximize your computer skills. We will still offer the beginners class for those students who know how to turn on their computers but need help with email and using the internet. The classes will be limited to 9 people so please sign up early. Check off your 1st, 2nd, and 3rd choice and I will try to accommodate you as much as possible. For those who were in the class last session the same book will be used. For new students we are using Teach Yourself Visually Windows XP. This book can be purchased at Bent Pages on Barrow Street in Houma. The books are being held for our class. The instructor is Jeff Hermening. Jeff owns his own computer business and has taught beginners, intermediate and advanced classes too many local businesses.

Monday 10-12 Beginners: _____ (Jan. 23, 30, Feb. 6, 13, 20)

Monday 1 – 3 Intermediate: _____

Tuesday 10 – 12 Intermediate: _____ (Jan. 24, 31, Feb. 7, 14, 21)

Tuesday 1 – 3 Beginners: _____

Wednesday 10 – 12 Beginners: _____ (Jan.25, Feb. 1, 8, 15, 22)

Wednesday 1 – 3 Beginners: _____

Thursday 10 – 12 Intermediate: _____ (Jan. 26, Feb. 2, 9, 16, 23)

Thursday 1 – 3 Intermediate: _____

Friday 10 – 12 Beginners: _____ (Jan. 27, Feb. 3, 10, 17, 24)

Friday 1 – 3 Intermediate: _____

Please send schedule and fees to: Nicholls State University
Family & Consumer Science Bldg.
Golden Learning Opportunities
P. O. Box 2014
Thibodaux, LA 70310

**PLEASE SEND CLASS SCHEDULE and FEES NO
LATER THAN JANUARY 11, 2006**

*** If you joined in August all fees will role over to this session. If you would like to take the same classes just check them off and send the application in to GLO. If you would like to change your classes please indicate that on your application. Please note that the computer classes will now only hold 9 people in each class. We are offering 2 classes a day. I am sorry if this is inconvenient for anyone but we felt that our computers are new and would be easier to follow along in the book, and with your home computers. If you know anyone who might be interested in joining GLO our website has information about GLO and also a printable application. Go to www.nicholls.edu/gtg then click on Golden Learning Opportunities.