

Fall 2009 Classes

Paradise Valley Community Center

17402 N. 40th St., Phoenix, AZ 85032
Human Services Department - 602-534-2011



Join Dr. Jerry M. Eisen, Laughter Club facilitator, for a fun-filled laughter session. Learn about the positive effects laughter has on the human body - strengthen the heart, improve lung function and boost immunity. Play, relax and laugh your stress and tension away.

Grandma, Grandpa and Me

Facilitator: Phillip Moreno

This two-hour gathering will include a seasonal arts and crafts project that grandparent and grandchild will both enjoy! Snack included. Please note: All children must be accompanied by an adult. Also, this program is most appropriate for children ages 5 and up. Register for each individual class.

Course #	Day	Date	Time	Room	Fee
58896	Saturday	9/5	10 a.m. - noon	D3	\$10 per person
58898	Saturday	10/10	10 a.m. - noon	D3	\$10 per person
58899	Saturday	11/14	10 a.m. - noon	D3	\$10 per person

Screenwriting Kept Simple

Instructor: Yanni's Educational Services, LLC

Everybody's got a story deep within their soul. The idea is to get it out. The most popular way is through a movie. So how about if you learn to write a story via a movie script? This workshop covers film writing essentials in an easy-to-follow method taught by an experienced teacher. Using Ioannis Skiotes' book, "Screenwriting Kept Simple," you will learn scriptwriting essentials from story through first draft in a simple general to specific method via classic Three Act Structure.

Course #	Day	Date	Time	Room	Fee
58920	Tuesday	9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27	6:30 - 8:30 p.m.	D1	\$85

Register Today!

Simply sign up online at phoenix.gov/parks, select Classes and Programs and click start to create an account or log-in to an existing account. Search by course title, course number or location. Need a little extra help when registering online? Call 602-534-2011 for assistance. Or, you can sign up in person at any city of Phoenix community center. Registration starts Aug. 1 and ends the day prior to each class start date. An annual fee is required for participation at all city of Phoenix community centers.

The Call to Write

Instructor: Stella Pope Duarte

What is the shape of your writing world? This four-week course will draw on dreams, visions, revelations and zany happenings to uncover the hidden world of writers. Students will entertain the invisible while embracing the real world to create memoirs, poetry and short stories. Beginning to advanced students will draw from memory, imagery and personal themes as they reach into the heart for the stuff of real stories. Unraveling truth from within is the birthright of every writer, and putting pen to paper creates a pathway to wholeness and a new vision of self.

Course #	Day	Date	Time	Room	Fee
58904	Tuesday	9/8, 9/15, 9/22, 9/29	6:45 - 8:45 p.m.	D3	\$75

Laughter Club

Facilitator: Dr. Jerry M. Eisen

Laughter has many benefits, which in turn have positive effects on the human body. Laughing can boost immunity, strengthen the heart and improve lung function. Come join your friends and others in a fun-filled laughter session as we relax, play, giggle and laugh away stress and tension.

Course #	Day	Date	Time	Room	Fee
58893	Wednesday	9/9	6:30 - 7:15 p.m.	D1	\$2
58897	Wednesday	10/14	6:30 - 7:15 p.m.	D1	\$2

To learn more about Phoenix Perks programs,
visit phoenix.gov/phoenixperks



City of Phoenix
HUMAN SERVICES DEPARTMENT

The Business of Film Writing and Script Analysis

Instructor: Yanni's Educational Services, LLC

Using Ioannis Skiotes' book, "Screenwriting Kept Simple," participants will learn the business aspects of scriptwriting. Topics covered in the eight-week course will include writer's ancillary rights, various contracts, scene study and script analysis. Textbook included in course fee.

Course #	Day	Date	Time	Room	Fee
58905	Thursday	9/10, 9/17, 9/24, 10/1, 10/8, 10/15, 10/22, 10/29	6:30 - 8:30 p.m.	D2	\$85

Coffee and Conversation

Facilitator: Donna Heppermann, MSW

Are you caring for an aging parent or loved one? Are you primarily responsible for raising your grandchildren? Do you need emotional support or just someone to talk to? Join us to discuss the joys and challenges of care giving, make new friends, share ideas and relax over coffee and conversation.

Course #	Day	Date	Time	Room	Fee
58901	Tuesday	9/15	7 - 8 p.m.	Café	\$0
58902	Tuesday	10/20	7 - 8 p.m.	Café	\$0

Boomerz Programs

Can the New Social Networking Media Click For You?

(Or Everything You Wanted to Know But Didn't Know to Ask)

LinkedIn, Facebook, YouTube, MySpace. Everyone is "a-Twitter" with the latest in "social networking" using the Internet. If you are looking for a job, promoting a business, monitoring your kids or grandkids or understand emerging technologies, don't get left behind! Find out what these tools are designed to do and how they can be used.

Register through Boomerz at www.boomerzwork.com

	Day	Date	Time	Room	Fee
Register with Boomerz	Thursday	9/17	6 - 7: 30 p.m.	Multi-purpose Room 24 & 25	Free for members, \$15 for non-members

Easy Ways to Save in 2009

Instructor: Kathy Church

Saving money is easy when you start with one simple concept; think before you buy. Having a shopping "flight plan" allows you to take advantage of sales, discount programs and coupons. In this two-hour workshop, participants will learn how to prepare to shop before making purchases, how to make stores compete for your business, how to check the Internet for discounts and more.

Course #	Day	Date	Time	Room	Fee
58900	Thursday	10/1	6:30 - 8:30 p.m.	D3	\$15

Re-Thinking Retirement

Facilitator: Cindy Cooke, Director, Boomerz

Speaker: Jim Pavletich, Public Information Officer, Social Security Administration.

Feeling forced into retirement and wondering what your options are? Whether you are still working, thinking about early retirement or unemployed, this evening will help you understand all your choices and make those that are best for you - not only in the short-run, but in the long-run as well.

Register through Boomerz at www.boomerzwork.com

	Day	Date	Time	Room	Fee
Register with Boomerz	Tuesday	9/29	6 - 7: 30 p.m.	Multi-purpose Room	Free for members, \$15 for non-members

CPR

Heart Savers

Do you need certification? Is your card expiring? Heart Savers of Arizona will provide instruction in adult, child and infant CPR for certification. Please register online, no fee will be assessed upon registration; course fees (exact change, check or money order) will be collected on site by the instructor at the beginning of the class. Make check/money orders payable to Heart Savers.

Course #	Day	Date	Time	Room	Fee
58913	Thursday	10/8	6 - 8:30 p.m.	B 28	\$15 pp at the door
58915*	Saturday	11/7	10 a.m. - 4:30 p.m.	A41 & A42	\$25 pp at the door

*Course #58915 also includes emergency first aid training.

We Cannot Look Away: Exploring a Social Conscience in Writing

Instructor: Stella Pope Duarte

The brutal murder of more than 500 young women in Ciudad Juarez has ignited a new exploration of what it means to commit a crime based on hate. In this workshop, Stella Pope-Duarte, author of "If I Die in Juarez," explores one of the darkest aspects of criminal activity: hate crimes. Through discussion, poetry and prose, participants will explore ways to use their writing to heal society's wounds.

Course #	Day	Date	Time	Room	Fee
58906	Saturday	10/24	10 a.m. - 3 p.m.	D3	\$55

Organize Every Area of Your Life

Instructor: Renee Belisle

Is your home or office space disorganized and you just don't know where to start? Learn how to escape the chaos in this interactive, hands-on, two-week course! Understand the emotional effects of clutter and how it impacts your life. Learn specific steps to organize any space in your home by following a MAGIC Formula. Also learn to organize and manage your time and your finances more effectively. Course fee includes supplies, handouts and handbook.

Course #	Day	Date	Time	Room	Fee
58894	Tuesday	10/27 11/03	6:30 - 8:30 p.m.	D3	\$49