

OSHER LIFELONG LEARNING INSTITUTE CLASSES at the SCHMIEDING CENTER!

COOK SMART, EAT SMART - CHOICES THAT MAKE HEALTHY HABITS

Learn how to prepare quick, simple, healthy food with basic food safety tips to follow. Sample delicious recipes that are easy to make at home, and start new habits that become lifestyle changes. Discover how to modify recipes by reducing calories, sugar, fat, and sodium. Try these tips and techniques to help save money, time and serve up great food. If you are cooking for several or cooking for one or two, this class will benefit you. Receive recipes and learn about research based resources available for you from the Cooperative Extension Service.

- INSTRUCTOR: Anna Go-, County Extension Agent & Dr. Clarice Cox
- DAY/DATE: **Monday, 9/9/19**
- TIME: **10:00 AM - 12:00 PM**
- LOCATION: Schmieding Center for Senior Health & Education
- COST: \$20 OLLI Member \$35 Non-OLLI Member

BASIC BRIDGE SERIES

If you know a little about bridge but not enough to comfortably play completely on your own or if you just want to brush up on long unused skills, this is the class for you. The ultimate aim of the lessons in this course is to teach students how to “think through” a hand before they play it – either as Declarer or Defender. The lessons are designed to help the students plan a hand when playing bridge. As the student’s game and skill improves, their enjoyment of the game increases. Tom Jacobsen, our Bridge guru, will instruct on game concepts, exercises and play hands related to the day’s topic. You will strengthen your bidding and sharpen your technique skills.

- INSTRUCTOR: Tom Jacobsen, Bridge Guru
- DAY/DATE: **Monday, 10/28/19-12/2/19** (*no class on 11/11/19*)
- TIME: **2:30 PM - 4:30 PM**
- LOCATION: Schmieding Center for Senior Health & Education
- COST: \$25 OLLI Member \$25 Non-OLLI Member

To register for either or both of the above classes, [click here](#).

To review the OLLI 2019 Fall Catalog, [click here](#).