

# Learning *Unlimited* Classes and Events

## October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**Register Today!** [www.pbcc.edu/cceregistration.xml](http://www.pbcc.edu/cceregistration.xml)  
or contact 561 862 4735

Learning Unlimited @ PBCC Boca Raton  
3000 Saint Lucie Avenue | Boca Raton, FL 33431  
561 862 4735 | [ccesouth@pbcc.edu](mailto:ccesouth@pbcc.edu) |  
[www.pbcc.edu/lulboca.xml](http://www.pbcc.edu/lulboca.xml)

27 – College Development – NO Classes



Learning *Unlimited* “Smart Lunch” **The Cat’s Meow** | October 30 | 12-1pm | \$5 in advance \$10 at the door | Bring your lunch or get a bit at the cafeteria. Contact 561 862 4735 for reservations

October 6 – Nov 10 | **Relaxation Yoga** | Tuesdays and Thursdays | 11:30a-12:30p | \$79 for eight classes | Lisa Elliott instructor | Reference #133475 - Breathing techniques and gentle movements aid relaxation and promote well-being, increase your sense of calm with these skills

October 6 – Nov 10 | **Mindful Yoga** | Tuesdays and Thursdays | 5-6p | \$79 for eight classes | Lisa Elliott instructor | Reference #133649 - Yoga is a great way to keep the body young, help improve posture and increase flexibility, learn to increase clarity of the mind

October 15 – Nov 12 | **Art Exploration: A Mixed Media Workshop** | Thursday | 4-5:30p | \$49 | Ref #132088 - Explore a series of mixed media workshops; hands-on projects including found objects and reusable items.

October 16 | **Skin Care and Make Up as We Age** | Friday | 10a-2p | \$15 | Ref #133056 - Learn about healthy skin care, what ingredients to avoid and how to obtain healthy and glowing skin as well as what colors work best for your skin tones.

October 16 | **The Importance of Color and Accessorizing** | Friday | 10a-12p | \$15 | Ref #133054 – Discover warm and cool palettes to see what colors in clothing are your best fit. Learn about accessorizing to dress up or dress down your outfits and have that polished look!

October 23 | **Closet Surgery and Re-organization** | Friday | 10a-12p | \$15 – Did you know that most women wear 20% of their clothing 80% of the time? Learn the best strategies for learning what clothing must go and what should stay.

October 23 | **Travel and Packing Tips** | Friday | 10a-12p | \$15 | Ref # 133057 – Get to your destination fresh and stylish! This class will tell you how to organize your travel wardrobe, cosmetics and toiletries so you travel in comfort.

October 24 | **Learn to Let Go Of Your Clutter!** | Saturday | 9a-12p | \$62 | Ref #133060 – Discover the underlying reasons for clutter and learn practical de-cluttering techniques.