

# Mind & Body

## Old Fashioned Soap Making

Discover how to make healthy handmade soap safely, from scratch, and at home. We will cover the chemistry, supplies and the basic soap-making process.

Bring safety goggles to class. There is a \$10 fee (cash or check) payable in class.

Oct. 12	S	10 a.m.-1 p.m.	\$55
Louisville, SHSH	Wolcott	AREA-5725-PLFA	

## Advanced Soap Making

Prerequisite: Old Fashioned Soap Making

Adding colors, layering ingredients and mixing techniques will produce amazingly different bars of soap. You will make shampoo bars, face soap, goat milk soap, and more.

There is a \$10 fee (check or cash) payable in class.

Nov. 9	S	10 a.m.-1 p.m.	\$55
Louisville, SHSH	Wolcott	AREA-2224-PLFA	

**NEW!**

A beautiful way to use the bounty from your herb and flower garden when the season is coming to an end. Create all-natural handmade

## Beginning Line Dance

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They're fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early!

Oct. 3-24	Th	7-9 p.m.	\$49
Plattsmouth, PLLC, Commons	Cottle	AREA-4970-PLFA	

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key.

Bring a towel and tennis shoes.

Sept. 23-Dec. 18 Plattsmouth, PLLC	M, W, F Scanlan	9:30-10:30 a.m. AREA-8810-PLFA	\$65
Oct. 7-Nov. 11 LIVE Online, Zoom	M Meyer	5:30-6:15 p.m. AREA-8593-TCFFA	\$29

NEW!

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## Creative Writing

Find your voice as a writer by exploring different writing styles, learning the building blocks of visual storytelling and drawing inspiration from the world around you. Discover methods for overcoming writer's block and ways to bring out your inner creativity through weekly writing assignments and group discussions.

Nov. 6-20 LIVE Online, Zoom	W Ord	6-7:30 p.m. AREA-9050-TCFWB	\$45
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*You must have an email account to register online.*