



# Adult Enrichment

## KNIT & CROCHET

Join Ms Shirley Mondays to learn how to knit or crochet. Students can work on any projects they chose, or be guided by the instructor.

AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Mondays	9am-12pm	12	\$75	10/08 - 11/26

Overcome your fear of public speaking by learning communication techniques to help you build confidence and comfort in yourself.



## PUBLIC SPEAKING WORKSHOP

AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Mondays	1-2pm	8	\$80	10/08 - 11/26

## CREATIVE WRITING WORKSHOP



Join Lauryn in this 4 week session exploring your inner weird, wild, passionate, dark, and joy. as Each week there will be one writing topic given so that you can write a story, poem, song, or even just a free write to journal.

AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Tuesdays	1-2 pm	4	\$ 48	10/15 - 11/05

Learn the basics of improvised theater! Enhance your skills of spontaneity, creativity, listening and storytelling all while having fun!

## ADULT IMPROV



AGES	DAY	TIME	WKS	FEE	DATES
18 & Up	Thursdays	6-7 pm	8	\$ 90	10/10 - 12/05

TO REGISTER VISIT:  
[LAPARKS.ORG/RECCENTER/WESTCHESTER](http://LAPARKS.ORG/RECCENTER/WESTCHESTER)

or Scan Me!



@WestchesterRecCenter