

# Summer I 2018

## Class Descriptions

**Acrylic Painting** – Join this fun all-levels class that will teach you how to mix colors and express yourself on canvas. *Supply list available in the Class Office.*

**Adagio** - Essential movement for brain and body. Experience gentle, graceful, flowing stretching and strengthening movements through a therapeutic approach for greater health.

**All Levels Yiddish** – Join this all levels Yiddish Conversation.

**Art Class With Audrey** – A step by step art class for the art enthusiast. Two hours of fun-filled painting experience. No painting background is necessary. Get the creative juices flowing. All supplies provided.

**Ballroom Dancing:** Learn to Ballroom dance at your own pace!

**Beginners Jewelry Beading** - Learn how to make beautiful custom jewelry with beading & other bead decorated items. *Supply list available in the Class Office.*

**Bridge: Experienced Players Intermediate & Higher-** For knowledgeable players. All aspects of bidding and play, including cue bids and important conventions.

**Canasta for Beginners** - Learn the basic techniques of playing the skilled game of Canasta. You will learn how to count points, keep score, and the play of the hand. Singles and couples welcome.  
***PLEASE NOTE: 4 decks of cards (2 of each color) and a Canasta tray is required for class.***

**Canasta: Intermediate Supervised Play** - The afternoon class is a supervised play class, where the instructor will assist you while you play the game.  
***PLEASE NOTE: 4 decks of cards (2 of each color) and a Canasta tray is required for class.***

**Chair Qigong** - Learn this slow-moving exercise while sitting. This exercise focuses on pressure points in the body and helps improve coordination while putting less strain on the body.

**Classical Music Appreciation** -Learn many venues of classical music and view clips and performances from famous composers & performers.

**Crochet for Fun! (Beginner - Advanced)** - Have fun in this Beginners-Advanced class where you will learn how to develop a new craft which can provide your days with relaxation and pleasure!  
***Supply list available in the Class Office.***

**Current Events** - A weekly discussion class on current and relevant news topics.

**Dirty Politics in Past American History** – Every president has a story that connects to dirty politics. We will analyze these stories to determine the effect on history. No political bias will be allowed.

**Fusion Tai-Chi** - Learn the basics/foundation of Tai-Chi combined with intermediate levels.

**Investing Wisely** - Learn about current investment issues & how to invest in this challenging, economic time.

**Knitting for Fun! (Beginner - Advanced)** - Come join us and learn knitting as a brand new skill or refresh the skills you previously had. Everyone is welcome! ***Supply list available in the Class Office.***

**Mediation & Healing** – Course will explore how the traumatic experiences, grave disappointments or severe pain we bury deep within us create our illnesses. Through meditation and study of the work of some of the great spiritual masters, each student will develop practices and a structure they can take into their personal life for closure and inspiration.

**Mah Jongg** - Learn this popular Chinese game which uses tiles with various designs.  
***PLEASE NOTE: Mahjongg card is required for class.***

**Popular Music & Broadway Musicals** - Learn many venues of popular music and view clips and performances from famous composers & performers.

**Tablet Basics with Jason** - This class will teach you tablet fundamentals as well as tips and tricks to help navigate your device. ***For Tablets AND smartphones.***