

Winter 2018

Class Descriptions

3D Art - Learn this unique art form where you will create layered paper-art suitable for framing. Students are required to register and contact instructor before class starts.

Supply list available in the Class Office.

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.

Advanced Beginners Bridge - Learn and practice your game more! This class is for players who know the basics.

Advanced Jewelry Beading - For this session, you will learn to plot out your design on Right Angle Weave graph paper and learn how to execute your design using double needle right angle weave technique.

All Levels Yiddish – Join this all levels Yiddish Conversation.

Basic Drawing & Painting – Come learn the basics of art! This class covers the essentials of drawing, painting, paint mixing and the tools of art and how to use them! This course will prepare you to continue on to more advanced classes. ***Supply list available in the Class office.***

Beginners Bridge - Learn and practice the basics of bridge with instructor Gail Smith.

Beginners - Instructional Bridge Practice - For beginning students who would like some extra practice & assistance while learning the game.

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

Beginners Tai Chi for Arthritis - Join us to learn a form of Tai Chi that is gentle for your joints! It consists of slow and easy to learn moves and exercises. Tai Chi has been proven to improve your coordination, balance, flexibility and relieve stress.

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.

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Ceramics & Clay - Learn, create, and enjoy endless opportunities of making a beautiful piece for your very own. *CLAY HAS LIMITED SEATING.*

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.

Creative Oils, Pastels, and Gouache – For Beginners, Intermediate, and Advanced students, learn the art form of Oil Painting, Pastels and/or Gouache. ***Supply list available in the Class Office.***

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, relevant, news topics.

Discovering Your Ancestors - If you want to explore your family history, this class is for you. Taught by professional genealogist Mark Fearer, this class will give you the tools you need to get you started in finding many of your ancestors.

Everything Middle East – Join this fascinating lecture to learn about the history and current events going on in the Middle East.

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

Linoleum Block Printing - This course will introduce you to various methods of creating woodcut and linocut prints. Learn how to prepare wood and linoleum blocks, carve images by hand, apply ink with rollers, and print by hand using water-based inks.

The Rise & Demise of the Department Store – From the internet to amazon, America's shopping habits have changed. Join this popular lecture with Myrna Goldberger and see what the buzz is about!

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.***

Meditation & Healing – Course will explore how the traumatic experiences, grave disappointments or severe pain we often 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.

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

Opportunity for Growth for Women – The group will provide both the challenge and the support to explore and experiment with ourselves, and with others. We can pursue individual issues, identify and work through feelings and thoughts. Imaging and fantasies and exercises to promote awareness of self will be conducted. Structured as well as unstructured time will be available. “I look forward to witnessing you emotions, your growth and your progress. After all, you are “golden”. Together we can be “magic”. –Sylvia Gross

Photo Fun for Beginners - Join us to learn photography basics and how to compose a great photo using your digital camera.

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

Sex Makes the World Go Round – Women and Men can express their issues and receive guidance and enrichment. All are welcome! Everything you wanted to know, but were afraid to ask! “R” rated fun!

Writing Memoirs - We all have a story to tell! Use discussion and writing exercises to tap into your own personal and family memories and experiences. Create a written legacy to treasure and share with family and friends. This class is for writers of all levels.

