

WINTER II 2019

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.*

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

Ageless Grace®: Brain Health Fitness: Ageless Grace® is a dynamic international brain -body fitness workout program consisting of fun tools, done to great music, designed for all ages and abilities. These movements stimulate cognitive function in all the 5 areas of the brain and address all 21 primary aging factors of the body.

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

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 onto more advanced classes. *Supply list available in the Class Office.*

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

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 - 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.***

Ceramics & Clay – Learn, create, and enjoy endless opportunities of making a beautiful piece of your very own.

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.

Collage - Express Your Individuality Through Collage - Discover the excitement, magic and joy of creating your very own individual collage. Your individuality will shine through. Your brain will thank you. Bring photographs, magazines, and a scissor.

Colored Pencil Drawing & Painting - Learn how to create beautiful artistic images with colored pencils. The instructor is an international and award-winning colored pencil artist. "Colored pencil achieves beautiful images of exceptional detail and durability without the challenges that other media present."

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.**

Creative Writing - Have a good time and learn how to write more expressively. A writing life is a more creative life. Please bring lined paper and a pen.

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.

Driving Better Electrically - Learn all the pros; ins and outs; economical and fun way to drive an "Electric" car.

Duplicate Bridge - the most widely used variation of [contract bridge](#) in club and tournament play. It is called *duplicate* because the same bridge deal (i.e. the specific arrangement of the 52 cards into the four hands) is played at each table and scoring is based on relative performance. In this way, every hand, whether strong or weak, is played in competition with others playing identical cards, and the element of skill is heightened while that of chance is reduced.

Enjoying Great Books That Shaped The 20th Century - The history of each time period of the 20th Century with great books that are about each period. We will start with a general history of reading and writing.

Fun With Photography - - Join us to learn photography basics and how to compose a great photo using your digital camera.

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

Holistic Health: Steps To Healthy Aging - "Holistic Health" is an approach to life. This ancient approach to health considers the whole person and how they interact with their environment. It emphasizes the connection of body, mind and spirit.

Interior Design - Learn the elements and principles of design. Interiors are discussed in terms of how to style your home - defining your style, paint, lighting, accessories, plants.

Investing Wisely - Learn about current investment issues and 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.**

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.

Live A Happier Life! – Learn techniques to be more positive; learn how positive thinking can really change your life; learn life-changing techniques from a video that will be shown during the second class.

Mah Jongg For Beginners – Learn this popular Chinese game which uses tiles with various designs. This game involves a combination of skill, strategy, intelligence and a little bit of luck. **PLEASE NOTE: Mah Jongg card is required for class.**

Mah Jongg: Intermediate Supervised Play – Instructing you to learn and enjoy Mah Jongg using various techniques and thinking skills to become a great player. **PLEASE NOTE: Mah Jongg card is required for class.**

Meditation: Healing Beyond Reason – 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.

Mind Odyssey – Geoff Kashdan is a retired educator, college instructor and school administrator. After decades of perfecting the art of classroom lecturing, he has created a series of counter-intuitive historical PowerPoint presentations aimed directly at educated adult life-long learners. Your body sits while your mind goes on a fascinating trip.

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 your emotions, your growth and your progress. After all, you are “golden”. Together we can be “magic”. – Sylvia Gross

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

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

Sound Approach To The Why Of Music (Piano/Guitar) – Which holiday song would you like to learn? The Durig Discovery Method developed by Julia Durig is a play-now practice-while-you-play system that encourages creativity and makes it possible to play after one lesson. It was designed to take the mystery and drudgery out of learning to play the piano, organ or guitar. Because it is intellectual instead of a repetitive process, it makes learning exciting and lets people think things through instead of memorizing facts and being bored.

Sumi-E – Chinese Brush Painting “The Breath of the Brush – Sumi-E, meaning “ink picture” is full of spirit and drama. One stroke leads smoothly to another when the Chinese artist has complete control of his mind and brush. Sumi-E was conceived from the four basic strokes called the Four Gentlemen – Bamboo, Wild Orchid, Chrysanthemum and Plum Branch. Chinese painters believe that the Four Gentlemen represent all the shapes of the universe. Come explore Sumi-E, Chinese brush painting. **Supplies included.**

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.**

Tablet Basics With Jason Level II – You must have already taken “Tablet Basics with Jason” in order to register for the second level of this class. **For tablets AND smartphones.**

The Comprehensive Guide To The 78 Tarot Cards – Tarot cards are enjoying a huge revival, and are fast becoming a cultural phenomenon. Each week, we will study the symbolism of the cards and you will be doing readings during the class sessions. Come, let’s take the journey together.

20 Grand Short Stories – The objectives of this course will be to uncover what makes a great short story. Emphasis will be placed upon revelations of characters, visions of a world through another’s eyes, glimpses of eternal truths, and the capturing of a supremely touching moment in time. Students will hopefully come to realize that brevity of the short story is its strength, and often its deeper universal meaning related to the short stories that are read. Class discussions will center around ideas and controversies, language and beauty, mood and empathy.

Understanding The Middle East – A look at the forces which have shaped the modern Middle East with emphasis on the role of Islam and the interaction with the West.

Unusual American History Stories – Come listen to stories of people and events that are not well known and how they fit into current times.

Wire Love – “Creative Wirework” – Join Rochelle Aruti, award winning sculptor, and explore WIRE as an artistic medium. Turn wire into LOVE and see it evolve into so much more!! ~earrings, necklaces, bangles, wire wrap precious objects~. **Supply list available in the Class Office.**

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.

Writing Moments To Remember – Join Barrie Brett, an award-winning writer/producer, for an enjoyable writing experience to explore **Your Moments To Remember**. Her major focus are moments that transform lives. Her writing classes are open to all levels, from beginners to serious writers, and the program is interactive and entertaining.