

# WINTER I 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.***

**Adagio (For Pain Relief)** – Essential movement for brain and body. Experience gentle, graceful, flowing stretching and strengthening movements through a therapeutic approach for greater health.

**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.

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

**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.

**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.

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

**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.

**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.**

**Less Stress More Happiness** - Learn how to avoid stress in your daily lives and increase happiness and self-satisfaction. You will learn relaxation techniques and ways to improve your sleeping habits.

**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.

**Reading Tarot Cards** – Alleged to be of Kabalistic ancient origins, today, Tarot cards are enjoying a huge revival, and are fast becoming a cultural phenomenon. Each week, you will study the symbolism of 3-4 cards, and by the end of the six-weeks, you will have learned how to do readings. Come, let's take the journey together.

**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.

**Strange Politics In American Past History** – Come listen to stories of people and events that are not well known and how they fit into current times.

**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.**

**Tarot Cards II: Learn The Minor Arcana** – The 56 Minor Arcana Tarot Cards represent events, people, behavior, ideas and activities that go on in our lives. These images trigger simple solutions to everyday problems. Unlocking the code of the 56 Minor Arcana Cards will be illuminating and growth-enhancing.

**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.**

**Watercolor Essentials** – Join Frances Tyler in the Art Studio for a series of classes designed to improve your watercolor painting techniques and enhance your skills. Each class will begin with a lesson, demonstration and exercise in the essentials of watercolor painting (color theory, composition, perspective, technique and more). We’ll then incorporate that element into our paintings with a project that Frances provides or by applying it to your own work. You’ll bring your own supplies. Each student is assured individual attention and constructive critique. Students of all levels will develop and improve their watercolor paintings and skills. Class concepts will build upon each other.

**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.