

Summer II 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 (For Pain Relief) - 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.

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

Beginners Spanish – A fun and easy environment where everyone will learn words and phrases to help them communicate with Spanish speakers. The design of the course will be based on the initial number of students and their knowledge of Spanish. The instruction will evolve according to the mutual shared experience.

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 Concepts Of Movement – Join us as we explore a new movement concept every week to a variety of music. Classes are designed to improve body and brain function. Using a “less is more” concept, participants leave class energized rather than exhausted and sore. Weekly class structure consists of warm up with body-brain exercises; movement concept with scarves, props, etc.; develop skills, i.e. learn the grapevine for the Mahyim Israeli folk dance; work in fun groups or with partners; and cool down to relaxing music.

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.

Decorative Arts & Crafts – Where you can create beautiful and useful items for your home and loved ones. We’ll be using old boxes, jewelry, jars, and more to make cherished items with a personal touch, and you can find your inner craft-artist with endless possibilities.

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

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.*

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

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.

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

Spiritual Masters: Deepak Chopra - Through meditation and study of the work of Deepak Chopra, each student will develop practices and a structure they can take into their personal life for inspiration.

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.*

Unusual Stories Of History – Come and listen to these stories that really happened, but they are stories your teachers never told you....