

ARNOLD SENIOR CENTER SUMMER 2008 CLASSES

Classes listed in ***bold and italics*** are FREE and DO NOT require registration. Classes marked with © are FREE but DO require registration. All other classes are sponsored by AACC and require registration. Classes begin Monday, July 7.

MONDAY					
Class	Time	Instructor	Location	Dates	Sessions
Feelin' Fit Aerobics (M/W/F)	8:05-9:05	Laura Olsen	Exercise	7/14-9/22	20
Low Impact Aerobics (M/W)	9:10-10:10	Laura Olsen	Exercise	7/14-9/22	20
Multi Media Art	9:30-11:30	Pat Batovsky	Arts & Crafts	7/7-9/15	10
World of Opera	9:30-11:30	M.A. Cashman	Library	7/7-9/8	8
Intermediate Spanish	10:00-11:45	Peggy Hanna	Conference	7/7-8/25	8
Keep Your Mind Alert I	10:00-11:00	Corinne Henshaw	Activity	7/7-8/18	7
Pilates on the Ball (M/W/F)	10:15-11:15	Barb Raflo	YWCA	7/7-9/22	30
Aerobics (M/W/F)	10:30-11:30	M/W Bonnye Lang F Dottie Conway	Exercise	7/7-9/29	30
Keep Your Mind Alert II	11:05-12:05	Corinne Henshaw	Activity	7/7-8/18	7
Weight Training (M/W/F)	11:35-12:35	Barb Raflo	Exercise	7/7-9/22	30
Flower Painting with Acrylics	12:30-2:30	TBA	Arts & Crafts	7/7-9/15	10
Easy Line Dancing	12:45-2:15	Kathy McIntyre	Exercise	7/21-9/15	8
<i>Scrabble</i>	<i>12:45-3:00</i>	<i>open play</i>	<i>Activity</i>	<i>ongoing</i>	<i>ongoing</i>
Chair Exercise	12:45-1:45	Corinne Henshaw	MPR	7/7-8/18	7
Beginning Two-Step	3:30-4:30	Tim Pilachowski	Exercise	7/7-9/15	10
TUESDAY					
Class	Time	Instructor	Location	Dates	Sessions
Strength & Stretch (T/TH)	8:00-8:55	Cheryl Beecher	Exercise	7/8-9/11	20
Fit & Fantastic Aerobics (T/TH)	9:00-10:00	Corinne Henshaw	Exercise	7/8-8/21	14
<i>Pinocle</i>	<i>9:30-11:30</i>	<i>open play</i>	<i>Library</i>	<i>ongoing</i>	<i>ongoing</i>
Watercolors	9:30-12:00	Barbara Scheihing	Arts & Crafts	7/29-9/16	8
Fit & Fantastic Aerobics (T/TH)	10:00-11:00	Corinne Henshaw	Exercise	7/8-8/21	14
Stretch & Tone w/ Rita (T/TH)	10:00-11:30	Rita Ferguson	MPR	7/8-9/11	20
<i>Craft Club</i>	<i>10:00-12:00</i>	<i>Volunteers</i>	<i>Activity</i>	<i>ongoing</i>	<i>ongoing</i>
Yoga (T/TH)	10:15-11:15	Michele Adair	Gloria Dei	7/8-9/11	20
Tai Chi	11:30-12:30	Sean Martial	Exercise	7/8-9/9	10
<i>Party Bridge</i>	<i>12:00-4:00</i>	<i>open play</i>	<i>Library</i>	<i>ongoing</i>	<i>ongoing</i>
Bird Painting	1:00-3:00	Pearl Carpenter	Arts & Crafts	7/8-9/9	10
Beginning Country Line Dance ©	1:15-3:00	Dottie Cadden	MPR	7/8-9/9	10
Intermediate Yoga (T/TH)	3:00-4:00	Cheryl Beecher	Exercise	7/8-9/11	20
Beginning Yoga (T/TH)	4:00-5:00	Cheryl Beecher	Exercise	7/8-9/11	20
WEDNESDAY					
Class	Time	Instructor	Location	Dates	Sessions
Feelin' Fit Aerobics (M/W/F)	8:05-9:05	Laura Olsen	Exercise	7/14-9/22	20
Low Impact Aerobics (M/W)	9:10-10:10	Laura Olsen	Exercise	7/14-9/22	20
Traditional Hand Quilting	9:00-12:00	Sallye Silesky	Activity	7/9-9/10	10
<i>Theater Appreciation Club</i>	<i>10:00-12:00</i>	<i>Volunteers</i>	<i>Conference</i>	<i>7/9-9/10</i>	<i>10</i>
Ceramics A.M.	10:00-12:00	Becky Baker	Arts & Crafts	7/9-9/10	10
Pilates on the Ball (M/W/F)	10:15-11:15	Barb Raflo	YWCA	7/7-9/22	30
Aerobics (M/W/F)	10:30-11:30	M/W Bonnye Lang F Dottie Conway	Exercise	7/7-9/29	30
Weight Training (M/W/F)	11:35-12:35	Barb Raflo	Exercise	7/7-9/22	30
Ceramics P.M.	12:30-2:30	Becky Baker	Arts & Crafts	7/9-9/10	10
Ballroom Dancing	1:00-2:00	Spero Pappafotis	Exercise	7/9-8/27	8
Arts of Asia	1:00-3:00	Delrie Hobbs	Library	7/16-9/17	10
Feldenkrais ©	2:30-3:30	Heidi Menocal	Exercise	7/9-9/10	10
Intermediate Round Dance	3:30-4:30	Tim Pilachowski	Exercise	7/9-9/10	10
THURSDAY					
Class	Time	Instructor	Location	Dates	Sessions
Strength & Stretch (T/TH)	8:00-8:55	Cheryl Beecher	Exercise	7/8-9/11	20
Fit & Fantastic Aerobics (T/TH)	9:00-10:00	Corinne Henshaw	Exercise	7/8-8/21	14
Relief Print Making	9:30-11:30	Carolyn Horan	Arts & Crafts	7/10-9/11	10
Fit & Fantastic Aerobics (T/TH)	10:00-11:00	Corinne Henshaw	Exercise	7/8-8/21	14
Stretch & Tone w/ Rita (T/TH)	10:00-11:30	Rita Ferguson	MPR	7/8-9/11	20
Yoga (T/TH)	10:15-11:15	Michele Adair	Gloria Dei	7/8-9/11	20
Intermediate Country Line Dance	11:30-1:30	Kathy McIntyre	Exercise	7/24-9/11	8
Computer Awareness	12:45-2:45	Michael Alloy	Library	7/10-9/11	10
Oil Painting	2:00-4:00	John Taylor	Arts & Crafts	7/10-9/11	10
Intermediate Yoga (T/TH)	3:00-4:00	Cheryl Beecher	Exercise	7/8-9/11	20
Fund. Of Digital Photography	3:00-5:00	Michael Alloy	Library	7/10-9/11	10
Beginning Yoga (T/TH)	4:00-5:00	Cheryl Beecher	Exercise	7/8-9/11	20

FRIDAY					
Class	Time	Instructor	Location	Dates	Sessions
Fund.of Digital Photography	9:00-11:00	Michael Alloy	Arts & Crafts	7/11-9/12	10
Jazz Dance	9:30-10:30	Cheryl Beecher	Exercise	7/11-9/12	10
Baby Quilts	10:00-12:00	Volunteers	Conference	ongoing	ongoing
Chair Yoga for Arthritis	10:00-11:15	Sharon Harty	Library	7/11-9/12	10
Pilates on the Ball (M/W/F)	10:15-11:15	Barb Raflo	YWCA	7/7-9/22	30
Aerobics (M/W/F)	10:30-11:30	M/W Bonnye Lang F Dottie Conway	Exercise	7/7-9/29	30
Home Desktop Publishing	11:30-1:30	Michael Alloy	Arts & Crafts	7/11-9/12	10
Weight Training (M/W/F)	11:35-12:35	Barb Raflo	Exercise	7/7-9/22	30
Line Dancing	1:00-2:30	Kathy McIntyre	Exercise	7/25-9/12	8
Introduction to Powerpoint	2:00-4:00	Michael Alloy	Arts & Crafts	7/11-9/12	10

NEW CLASSES FOR SUMMER 2008

BIRD PAINTING

Tuesdays from 1:00 p.m. – 3:00 p.m.

Instructor: Pearl Carpenter

This class will focus on how to paint a pheasant, with an emphasis on feathering. Participants may work on other types of birds besides the pheasant, and individual instruction will be provided. Participants should bring their own paints and brushes to class.

BEGINNING YOGA

Tuesdays and Thursdays from 4:00 p.m. – 5:00 p.m.

Instructor: Cheryl Beecher

This class is designed for the beginning yoga student. Students will learn yoga postures, relaxation and breathing techniques with the goal to improve participants' balance, flexibility, reduce stress, and increase muscle tone. Participants should bring a yoga mat to class and wear comfortable clothing that allows for movement.

ARTS OF ASIA

Wednesdays from 1:00 p.m. – 3:00 p.m.

Instructor: Delrie Hobbs

This course surveys the visual arts of Asia beginning with India and the Himalayas, continuing into China and ending with the Islamic world. We span time, distance and media as we explore highlights of the rich history and traditions of Asian art. We will examine works in terms of their historical, social and religious contexts as well as explore major characteristics and themes. We will look at artwork from the Neolithic Period to the 19th Century and examine a range of works including architecture, painting, sculpture, ceramics, metal and glass.

RELIEF PRINT MAKING

Thursdays from 9:30 a.m. – 11:30 a.m.

Instructor: Carolyn Horan

Come join nationally-exhibited artist Lyn Horan for a fun and fascinating relief printmaking class where we will be learning the processes for mono prints and block prints (made simple), and using water-based inks and paints. We will be making our own blocks for printing out of inexpensive materials. Learn how one simple image can create a multitude of varied compositions, just by changing hue, value, and arrangement. Beginning art students will find this form of art very approachable and can use these skills for making functional items like note cards, decorative items, printing on fabric, etc. For more advanced students this knowledge can be used in combination with your paintings, and will enhance your skills in creating composition through the use of pattern. Some basic drawing skills will be an asset.

JAZZ DANCE

Fridays from 9:30 a.m. – 10:30 a.m.

Instructor: Cheryl Beecher

Jazz dance refers to several related dance styles, all of which are connected via common roots, namely tap, ballet, jazz music, and African-American rhythms. Classes will start with a warm-up and stretching and proceed to learning combinations and then a routine to practice these techniques. Students will learn various styles of this contemporary dance form that is often seen in Hollywood, on Broadway and on television. Jazz classes include technique, stretches and strengthening, terminology, coordination exercises, progressions, and combinations.

CHAIR YOGA FOR ARTHRITIS

Fridays from 10:00 a.m. – 11:15 a.m.

Instructor: Sharon Harty

In this class we will spend extra time warming the joints, using yoga postures that are done in a seated position. The gentle yoga will help to recreate a feeling of confidence in your ability to move. Each class will end with a relaxation activity. Yoga will help to create a feeling of peace within and encourage students to incorporate health and wellness into their lifestyles.