

SUMMER II 2024 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/Intermediate Canasta – It is perfect for anyone who just learned how to play, is returning to the game after learning years ago or anyone who enjoys practicing with instructional supervision. In a hand-on, active series of classes, you will play Canasta, improve your game skills, get faster, more strategic and learn signaling communication. This class is for players who know the basics.

Basic Fundamentals Of Self-Defense – This self-defense course is about developing basic awareness, reflexes, balance and footwork through solo and partner drills.

Beginners Bridge - Learn and practice the basics of bridge with instructor Masha Blutman.

Brush Up On Your Bridge – Haven't played bridge in a while? Classes on reminding you of what you used to know and adding onto what you would want to know about bridge conventions and play of the hands.

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.***

Day-To-Day Spanish - Spanish made easy! Ready to learn Espanol? Conversation skills for real life situations in an enjoyable and relaxed environment.

Deepening Your Meditative Practice By Reawakening Your Creative Self - Join us in our journeys toward the "Light" by learning breathing techniques to better control your mind and body; become more present to how you sabotage your strengths and true self; work at the blur between you and your real self. Be inspired by the work of Julia Cameron.

Explore The World Of Holistic Tarot – Come and join Josh Odom for these beginner and intermediate/advanced level courses to the history and true purpose of the tarot. Learn how to incorporate the meanings and symbolism of the major and minor arcana cards along with their astrology, numerology, suits and colors.

Figure Painting & Drawing Using Asian And Impressionistic Techniques - Using a quick-rapid style going from Impressionism to current concepts, Roberta takes an easy approach using bamboo brushes that she will supply along with watercolor or acrylics. The Class uses art supplies such as tempura, watercolor, acrylics, and brushes from China. Best Friends are always made in Roberta's wild classes. Various supplies are provided by Roberta.

For All Of The Artistic People Who Are Here For The Summer – Create a one-of-a-kind piece of art using canvas that you could put on the floor with a non-slip backing, hang on the wall, or even use as a table covering. The class is for open-minded painters to create any style, any format, using many painting techniques, i.e., stencil, sponge, free form.

Fun With Acrylics – Main objective is to relax and enjoy painting. Beginners are welcome. Requirements are wanting to have some fun while dabbling in paints and produce art work that you can be proud of. Inspirations will be available.

Introduction To Astrology (Beginners) – Whether you are using Astrology for the first time, or just commencing to study the subject as a student, I would like to show you the fundamentals of Astrology. Astrology is mainly based on four fundamental factors: the 12 signs of the Zodiac, the 12 Houses, the Planets and Lights (Sun and Moon) and the aspects between them. When these are put together it is termed a horoscope or a chart. With this in mind, we will discuss the fundamentals of Astrology together.

Supervised Bridge With Masha - The class is a supervised play class, where the instructor will assist you while you play the game.

Under the Stars – As Astrology classes continue, you will explore yourself through the signs of the Zodiacs. The planets focus on you. Each week we will discover the planets and what they represent in your chart.

Technology Classes – Iphone/Ipad/Apple Watch – Tech made simple for seniors. Learn from the basics to more advanced usage of the Iphone (Introduction and Basic Operation, Basic Essentials, Managing Apps and Internet Use, Photos, Siri, and Maintenance), Ipad (Basics and Applications) and Apple Watch (Basic and Health Futures). Your easy path to digital confidence.

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 on the reverse side of flyer in the Class Office.**