

SPRING 2020

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.

Advanced Beginners Supervised Bridge Game – This game is so that Advanced Beginners may practice the basics of bridge with instructor Masha Blutman.

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 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.

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 Intermediate & Higher- 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.**

Cartooning The EZ Way – Learn to draw cartoons with Michael, for fun and entertainment. **See flyer for supply list.**

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.

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 Painting Class – In this class any paint medium of choice will be used including oil, pastel, acrylics. Basic to advanced techniques will be taught which will highlight on color theory and composition. The only qualification is a DESIRE to paint. Instructor, Stephani Becker, is an accomplished portrait artist who has used oil and pastel in recent years. For over 40 years her paintings have an “Old Master’s” to impressionist style in portrait, landscapes, seascapes, and still-life. As a former college professor, Stefani is patient and instructive.

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. You will receive a \$10 value Journal with writing prompts.

Current Events – Humor & Wisdom To Cope - A weekly discussion class using humor and wisdom to cope with current and relevant news topics.

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 And Movies 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.

From Beginners To Advanced Jewelry Beading - Learn how to make beautiful custom jewelry with beading & other bead decorated items.

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

Great Jewish Personalities - This lecture series is given by Leah Polin, a frequent lecturer in the Chicago and Boynton Beach, Florida area on subjects involving Jewish women, biographies of major Jewish figures, Jewish history, Israel and current events. For nearly 25 years, she was the founder and director of the Dawn Schuman Institute for Jewish Learning which provided people in the metropolitan Chicago area an arena in which to learn a variety of Jewish subjects in a comfortable, informal setting.

Guided Imagery: Imagine A New You – By using a unique combination of soothing relaxation music along with mind/body techniques, the experience becomes an effective tool for personal growth and expanded self-awareness.

Hebrew 101 – This class is a general level introduction to Hebrew with emphasis on basics, like: the Hebrew alphabets, nouns: masculine and feminine, singular and plural, basic verbal sentences.

Hebrew Conversation – For the Beginner, Intermediate or Advanced – Learn this ancient historical language and practice your level with others.

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.

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.***

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

Past Life Regression – Unlock The Past For A Meaningful Future – Past life Regression is a valuable tool for uncovering symbols and patterns from the past that are affecting our lives today. Each week will take us on a journey into a particular-past life so that we can learn from its triumphs and tragedies to bring more meaning to our lives now.

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

Reiki – It is universal life energy. We are all energy and at times the energy is misaligned in our bodies. Reiki is a natural way to relaxation, accelerating our own bodies natural ability to heal itself. Reiki works on a physical, mental, emotion and spiritual level. Reiki sessions are done with clothing on. There are hands on and hands hovering above your energy field called the aura.

Rusty Russo’s Cancer Survivor’s Training Course – This functional exercise class is targeted for cancer survivors and those actively undergoing cancer treatment but has been proven to be beneficial for anyone interested in enhancing their physical and emotional wellbeing and improving balance through exercise. These exercises can and will be modified to meet the individual’s need.

Showers Singers – Let Your Voice Be Heard – In this interactive class, you will get in touch with your natural singing voice in a safe and non-judgmental environment. The instructor has been a singer songwriter for many years and has studied in NYC at The Actor’s Institute.

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.

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 I - Beginner – Demystifying the 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.

Tarot Cards II – Intermediate – Learn to Read the Minor Arcana. Whether you have taken the Major Arcana class, or are familiar with the Major Arcana, unlocking the code of the 56 Minor Arcana cards will be illuminating and growth-enhancing.

Tarot Cards III – Advanced – Integrating Major and Minor Arcana Cards. Unlocking the code of the 78 Arcana cards will be illuminating and growth-enhancing.

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.

Watercolor Workshop - For Beginners or Advanced students, learn the fundamentals and techniques of Watercolor through demonstration and coaching. Instructor has been painting all her life and has been teaching art for 10 years. She has interned at the Boca Raton Museum of Art and has received several art awards in the U.S. She was also commissioned to paint large canvases abroad. ***Supply list available in the Class Office.***

Women In The Middle East – The course will examine the diversity of women’s experiences in the Middle East and Iran from the late 19th century to the present. The focus of the course will be on women’s participation in the Ottoman Empire and Qajar Iran, the women’s movements that develop in this area at the beginning of the 20th Century, women’s role in the nationalist movements and modern states. Finally, a review of women’s changing status in the contemporary Middle East and Iran will be discussed.

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.