

Classes & Groups Scheduled for January

Arts & Crafts

Pastel Drawing with Elodia
Thursday & Friday, January 27 & 28
12:30-3:00pm

In this two-part class, you will learn how to draw and paint with pastels by local artist, Elodia Resendez. This is an ideal class for beginners. With pastels the student has more control than using watercolors or acrylics. You will end with a very individual work of art. The fee is \$6 per person. **Greendale**

Fundamental Drawing Class

Wednesdays, January 12—February 2
9:30am-11:30am

This class will teach essential elements such as lines, shapes, shadings, composition and proportion. It will give students an important foundation for two dimensional artworks. Open to beginning students and intermediate level students who would like to review the basics. Please bring 2B and 6B drawing pencils, eraser and 9"x12" sketchpad. Fee: \$23 for a 4-week class. Registration is required at the main office by January 7. **Trailside**

Intermediate Drawing Class

Wednesdays, January 12-February 2
12:30-2:30pm

Many techniques of drawing different textures will be introduced such as glass, metal, fabric, etc. Students will be encouraged to explore new concepts and the three dimensional world. Please bring 2B and 6B drawing pencils, eraser and 9"x12" sketchpad. This class requires that the student has some basic drawing skills or has taken the Fundamental Drawing Class that was held at Trailside in September 2010. Fee: \$23 for a 4-week class. Registration is required at the main office by January 7. **Trailside**

China Painting Class

Thursdays, 9:30am-Noon

Learn to paint on beautiful pieces of china to give away as gifts or display in your home. Beginners are welcome. Please call 832-8683 to register and for more information. **Greendale**

Art Class

1st & 3rd Wednesdays, 12:45-2:45pm

Become an artist—make greeting cards or learn different art techniques—in this watercolor and pencil class by Theresa C. Hudspeth. Fee: \$10 for a 2-hour session. Call 689-7776 to register. **Mills**

Rubber Stamping

Friday, January 21 at 1:00pm

Instructor: Trina Caraway

Learn how to create your own greeting cards with all supplies provided. The instructor has been scrapbooking for over 10 years and stamping for six years. She has been a *Stampin' Up!* Demonstrator for three years and enjoys showing people new things to try, new color combos and little tips and tricks to make things easier and more fun! Please register for this class by calling 633-3790 by Monday, January 17. Fee: \$2 a session

Craft Group

Wednesdays, 9:00-11:00am

Crochet and knit items for area charities or you may work on your own project too.

Happy Diners

Wood Carving

Tuesdays and Thursdays, 9:00am

Fee: No Fee Call 687-7888 **Sanford**

Drama

Happy Trails Drama Troupe

Thursdays at 12:15pm. Instructor: Kay Collison
See what acting is all about! Join the Happy Trails Drama Troupe! Fee: No Fee
Call 633-3790 to register **Trailside**

Exercise

Zumba Gold™

Mondays & Wednesdays, 8:30-9:30am

Enjoy Latin and world music beats, fun moves and a party atmosphere in this delightful class. Who says exercise has to be boring?! Zumba Gold™ is designed for people ages 50 and up, with low impact dance steps, balance and strength built into each session. Ditch the workout and join the party! Try it free! Your first class is no charge. Classes after that will be just \$3.00 per class or \$20 for a 10 visit punch card. Proper shoes and a doctor's ok are requested before coming to class. Tennis shoes are ideal—please no Keds, toning shoes, sandals and certainly no heels! Dress in stretchy pants or shorts and t-shirt. Be ready to move and sweat! Cups and water will be provided, but a water bottle from home is easier to use. Instructor, Trena Winans-Bagnall has over 30 years of dance experience combined with a career as an educator. As a certified Zumba Gold instructor, she is thrilled to bring this form of exercise to Senior Services. *Zumba® and the Zumba fitness logo are trademarks of Zumba fitness LLC, used under license Trailside*

Chair Exercise with Betty

Tuesdays, 11:00-11:30am

Chair exercise and light weights.

Fee: No Fee **Mills**

Bonesaver Exercise Class

Mondays & Wednesdays at 10:30am

Instructor Sara Clavez leads this progressive weight training class for the prevention of osteoporosis. Suitable for all fitness levels, adaptable to your physical restrictions. No equipment needed to start. Fee: Suggested donation \$2, but only a desire to feel stronger and more energetic is required. Call Sara with any questions at 687-7003. **Sanford**

Fun & Fitness

Mondays at 10:35am. Instructor: Trish Cruz

Start off your week with a great 40 minute workout. Fee: No Fee Call: 633-3790 for more information **Trailside**

Tai Chi Classes with Rob Donovan

Rob Donovan, Certified Tai Chi Instructor

Tai Chi is very effective at improving overall fitness, relieving the pain and suffering of chronic debilitating conditions and helping to improve the quality of life. Fee for a 4-class session is \$20 or \$5 per session with checks made payable to Rob Donovan. Call the center you'd like to attend for more information.

Trailside: Tuesdays, 9:00-10:00am

New class starts January 4

Happy Diners:

- Tuesdays, 10:15-11:15am
- Beginners: Wednesday, 10:15-11:15am

Dance

Beginning Line Dancing

Greendale: Mondays, 10:30-11:30am

Instructor: Norma Landosky, Gym A. Fee: \$2 per class/per week payable to instructor. Please call 832-8683 to register.

Trailside: Thursdays at 9:00am

Instructor: Lucy Barnes

Fee: \$2 per class/per week payable to instructor
Call 633-3790 for more information.

Line Dancing

Happy Diners: Mondays, 10:00-11:00am

Instructor: Teresa Pointe Fee: No Fee

Sanford: Tuesdays 10:00-11:30am Fee: \$2

Trailside: Thursdays, 10:00-11:00am Fee: \$2

Exercise at Greendale

LIPA Exercise Class

(Low Impact Physical Activity)

Mondays, Wednesdays, Fridays 9:00-10:00am

Instructor: Silvana Spindler Gym A

LIPA helps reduce the risk of Osteoporosis, improves balance, coordination, strength, flexibility and posture. Class is located in Gym A. Fee: \$2 payable to instructor. Call 832-8683 to register.

Senior Silver Angels Walking Club

Instructor: Annabelle Curtis. Walk your way to fitness. Bring gym shoes and loose clothing.

Fee: No Fee Call 832-8683 to register

Walking in the Gym or Treadmill (WMFC)

Monday-Friday, 7:30am-8:00pm

Fee: No Fee Call 832-8683

Weight Room (WMFC) Requires Orientation (\$15)

Monday-Thursday from 7:30am-8:00pm

Fee: Usage Free Call 832-8683 to register

TOPS (Take Off Pounds Sensibly)

Thursdays, 10:00am-11:00am

Weigh-in: 10:00am-10:20am

Meeting: 10:20am-11:00am

TOPS is a non-profit, non-commercial weight loss support group. The cost for a one year membership is \$26. Call 832-8683 to join.

Needlework

Quilting, Embroidery & Other Needlework

Thursday, January 6 and Friday, January 28

10:00am-3:00pm

This group meets the first Thursday and fourth Friday of every month. Bring your own quilting or needle-work project and get help from experts! If you'd like to join us for lunch, please make reservations by 9:00am that day. Call 633-3790 for reservations or more information. **Trailside**

Needlework

Thursdays, 9:30-11:30am

Instructor: Herta Jaschinsky

Needlework, sewing, quilting and beading.

Fee: No Fee Call 687-7888 to register

Sanford

Crochet & Knitting

Happy Diners : Wednesdays, 9:30-11:30am.

Items made are donated to local charities.

Creative Writing

Write Your Life ~ Greendale

Mondays at 12:30pm

Learn how to write stories about your life and put those stories into book form. Call 832-8683 for details. **Greendale**

Creative Writing at Trailside

Fridays from 10:00-11:30am.

Join others to share your writing talents. Rm 159

Fee: No Fee Call 633-3790 to register **Trailside**

Computer

Computer Class

Thursdays, Noon-2:00pm Begins January 6

This class is for beginner students and starts with basic computer tasks. Fee includes a manual and CD for students to own.

Fee: \$25 for 8 week class. Call 835-6891 to register.

Happy Diners

Computer Lab

Tuesdays 9:00-11:00am

Assistance available. Please call ahead at

835-6891 if you are interested. **Happy Diners**