

Classes & Groups Scheduled for March

Arts & Crafts

Acrylic Landscape Painting w/Steve Wood
Friday, March 12, 12:30-2:30pm
This award winning television artist teaches his simple method for successful painting. Designed for beginning and intermediate levels. Steve will have a class the second Friday every month. All supplies provided. Fee: \$20/class Please make checks payable to Steve Wood and pay at the Senior Services Main Office at 4700 Dublin by March 8. Call 633-3790 for more information. *Trailside*

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*

Time to Paint

Wednesdays from 12:30-2:30pm
Join other painters in the Arts & Crafts Room. Bring your own supplies and whatever you are working on. No fee, no instructor—just a time to paint together! Call 633-3790 for more information. *Trailside*

Craft Day

Tuesdays at 10:00am
Crafts for Home Delivered Meals *Trailside*

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*

Quilting: Hand and Machine Work

Thursdays, 10:30am-Noon
Classes are free and include some materials and guidance to complete your project.
Fee: No Fee Call 689-7776 to register *Mills*

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

Mills: Thursdays, 10:00am
For beginners and those with experience. If possible, bring your own hook. Yarn is provided.
Fee: No Fee Call 689-7776 to register

Happy Diners: Wednesdays, 9:30-11:30am.
Items made are donated to local charities.

Rubber Stamping Class

Wednesday, March 17 at 9:30am
Instructor: Mary Ellen Smith. Learn how to create your own greeting cards with all supplies provided. Fee: \$2 paid to instructor *Trailside*

Creative Writing

Trailside: Fridays from 10:00-11:30am.
Join others to share your writing talents. Rm 159
Fee: No Fee Call 633-3790 to register

Happy Diners: Thursdays at 9:30am
The Dash Class. This class is an easy way to write down your life memories in 8 weeks or less.

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*

Computer

Computer Basics

Friday, March 26, 9:00am-3:00pm
Delta College, Midland Center on Wheeler Rd
This one day workshop is designed for those who are 50+ in age. It is a perfect class if you want to learn about how to use a computer for personal use without having to learn a lot of technical terminology or the technical aspects of how a computer functions. You will learn about basic functions of the computer including:

- How to use a “mouse”
- Passwords and computer security
- Basic keyboard and computer desktop functions
- Be introduced to Microsoft basics
- Toolbars and computer menus

Each person will be using a computer so you will learn by doing! Printed handouts will be included. A boxed lunch from Trailside Center will be provided. Please call 989-686-9364 or toll free from Midland 495-4000, extension 9364 to enroll. Enrollment in these classes will be limited to those 50+ in age and advance registration and payment is required. Fee: \$39 for Delta 50 + members, \$49 for non-members.

Computer Lab: Tuesdays 9:00-11:00am

Assistance available. Please call ahead at 835-6891 if you are interested. *Happy Diners*

Computer Class: Thursdays: 10:45-11:45am

No fee to seniors 60+, \$1 fee for 59 & under
Mills

Digital Scrapbooking

Thursdays: 12:45-2:45pm
Learn the basics of Digital Scrapbooking. Class will run 6 weeks with additional weeks depending on interest. Cost is \$5.00 per class paid each week in advance. For further info contact Theresa Hudspeth at 435-8342 or Pam Hutchins at 689-7776. You may also bring your laptop or use the computers in Lab. *Mills*

Dance

Beginning Belly Dancing Class

Fridays, 11:00am-Noon
Instructor: Dawn Lambert
Have fun while you get fit. This class is great for firming up your midsection. Adults and seniors are welcome to join this exciting form of exercise. Fee: \$5 per class
For more information or to register for the class please call Tammy 832-8683. *Greendale*

Beginning Line Dancing

Greendale: Mondays from 10:30-11:30am
Instructor: Susan Wells
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

Great Decisions

The Great Decisions Discussion Group meets on Thursdays at 10:00am. It is a program of the Foreign Policy Association, an independent, nonpartisan, nongovernmental, educational organization that seeks to help Americans gain a better understanding of significant world issues. Each week the group meets to view and discuss a DVD clip and chapter of the workbook. Call 633-3790 for more information. *Trailside*

Exercise

Exercise with Betty Fillmore

Tuesdays at 11:00am *Mills*

Tai Chi Classes

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 \$18 or \$5 per session with checks made payable to Rob Donovan. Call the center you'd like to attend for more information.

Sanford: Mondays, 12:30-1:30pm No class Mar 1

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

Happy Diners:

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

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*

LIPA Exercise Class

(Low Impact Physical Activity)
Mondays, Wednesdays, Fridays 9:00-10:00am
Instructor: Silvana Spindler
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. *Greendale*

Fun & Fitness

Mondays at 10:35am
Simple exercises to increase flexibility and muscle tone. Drop-in basis. Fee: No Fee
Call: 633-3790 for information *Trailside*

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
Greendale

Walking in the Gym or Treadmill (WMFC)

Monday-Friday, 7:30am-8:00pm
Fee: No Fee Call 832-8683 *Greendale*

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

Monday-Thursday from 7:30am-8:00pm
Fee: Usage Free Call 832-8683 to register
Greendale

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.
Greendale

Complete In Home Hair Care

Appointments in the privacy of your own home or assisted living facility.*



- Licensed Cosmetologist
- 29 Yrs Experience
- 6 Yrs Specializing in Geriatric Care
- Appointments Scheduled at Your Convenience
- Reasonable Rates
- Caring & Compassionate

* With permission from facility management and staff.

Call Ann at (989) 486-3059