

# Classes & Groups Scheduled for September

## Arts & Crafts

### China Painting Class

Begins Tuesday, September 7 at 9:30am **New!**  
Instructor: Donna Robert.

Students will need to supply a note pad and pencil, paper towel, plastic box with a tight snap lid large enough to hold a 4 x 4 inch tile. All other items needed will be supplied by the Center Director and the Instructor. The fee for the first class is \$17.50. Additional classes will be \$6 per class. Call 832-8683 to register. **Greendale**

### Fundamental Drawing Class

Wednesdays, September 15-October 6 **New!**  
12:30pm-2:30pm ~ Instructor: Louise Chen  
This class will teach essential drawing elements such as lines, shapes, shadings, composition and proportion. It will provide a foundation for two dimensional artwork. The class is open to beginning and intermediate level students. Please bring 2B and 6B drawing pencils, eraser and a 9"x12" sketch-pad. Instructor, Louise Chen, was born and raised in Taiwan, and learned her art from master artists. She has taught in Midland at the Midland Community Center, Alden B. Dow Museum of Science and Art and at Circle Gallery at Smith's Flowers. Pencil, watercolor and Chinese brush painting are her medias. Fee: \$23 for a 4 week class. Class size is limited, so please pre-register and pay by Friday, September 10 at the Senior Services Main Office at 4700 Dublin. Make checks payable to Senior Services. **Trailside**

### Garden Stepping Stone Project

Wednesday, September 29 at 10:00am  
Bring in items to press into a stepping stone to make a one-of-a-kind garden decoration.  
**Greendale**

### Painting Class

Fridays, September 17-November 5, 9:00-11:30am  
Instructor Margeurite Mueller will help your with rock, gourd, screen painting and any other painting your want to do. Fee: \$10 for all sessions, paid to Margeurite. **Sanford**

### 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**

### Scrapbooking

September 20 at 10:00am *No class on Labor Day*  
Instructor: Claudette Thompson. Create memories with scrapbooking. Fee: \$2 paid to instructor. Call 633-3790 for more information.  
**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**

## 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

### Chair Exercise with Betty

Tuesdays, 11:00-11:30am  
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

*Get Fit, Have Fun & Stay Forever Young!*  
Mondays at 10:35am  
Instructor: Trish Cruz, Fitness Instructor from the Midland Community Center  
Start off your week with a great 40 minute workout. Sitting or standing, you'll work your upper body using weights and bands, lower body using bands and leg raises and mid-section is worked throughout. Fee: No Fee  
Call: 633-3790 for 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 \$18 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

### Happy Diners:

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

### Tai Chi at Mills

Thursdays, 11:00am-Noon *Begins Sept. 16*  
September 16 class is free. \$30 for following 6 weeks, \$6 for drop in. **Mills**

## Computer

### Digital Scrapbooking at Mills

**Thursdays, 12:45-2:45pm**  
Learn to use Scrapbook Flair's free program with thousands of free background and templates. Prepaid classes are \$5.00 if you also attend lunch, \$7.50 if not. Bring your laptops if you have them. Contact Theresa at 435-8342 to register or for more information. **Mills**

### Computer Class at Happy Diners

Thursdays, 9:00-11:00am. Begins September 9  
This class is for beginner students and starts with basic computer tasks. Fee **New!** includes a manual and CD for students to own. Fee: \$25 for 8 week class and is due Sept. 8.

### Computer Lab

**Happy Diners:** Tuesdays 9:00-11:00am  
Assistance available. Please call ahead at 835-6891 if you are interested.

### Greendale: (WMFC)

A monitor will be available to assist.  
Monday: 2:30-4:30pm  
Tuesday: 9:30-10:30am  
Friday: 10:30am-Noon  
Please call 832-8683 for more information.

## 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**

## 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.

## Dance

### Beginning Line Dancing

**Greendale:** Mondays from 10:30-Noon  
Instructor: Norma Landosky, Gym B. 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

## Needlework

### Quilting, Embroidery & Other Needlework

Thursday, September 2, 10:00am-3:00pm  
This new group will meet the first Thursday of every month. Bring your own quilting or needlework project and get help from experts! All are welcome. 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**

### 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.