

Course Catalog –Summer & Fall 2017

Courses listed alphabetically.

Brief description of most classes listed for both campuses.

Acrylics –Main & WB

Paint with acrylics on canvas. Learn techniques.
Instruction on supplies given at first class.

Adult Coloring – Summer (Main) & Fall – both campuses

With colored pencils & markers, we will color a variety of pictures. The benefits are many: reduce anxiety, practice mindfulness and engage in creative focus. Pages to color, pencils and markers will be provided. If you already enjoy coloring, bring your own books & pencils.

Alcohol Inks – Summer – Main

This is a relatively new medium using alcohol inks on tiles, glass or other non-porous surfaces to create colorful images.

American Sign Language –Main

How many times have you wished you knew how to “sign”. Come and learn how to converse with your hands.

Armchair Exercise – WB

This 45-minute program is designed for persons with limited strength and range of motion. It begins with a slow and easy warm-up, progresses through a seated gentle full body routine. This program improves flexibility and coordination; increases hand, arm, and leg strength; strengthens heart and lungs; lowers blood pressure; provides relaxation, and enhances a sense of well-being.

Art History: - WB

The Study of the history of art in western civilization.

Art Workshop: Intermediate & Adv - WB

Oil painting only - Students work independently

Basic Art 101 – Main

This class is for a beginning or intermediate student who hasn't taken art since high school. You don't need to know how to draw, as I will teach you. Come with an open mind to explore the elements of art and principles of design through drawing, painting, printmaking, colored pencils, ink. We will also explore 3D sculpture using the elements of art and principles of design in 3D art. The additive sculpture will use plaster cloth & swimming noodles. Finally, we'll do a wall hanging using 2 and 3D techniques as well as a color harmony.

Basic Drawing - WB

Supply list available. Learn the basics – anyone can draw with the proper instruction.

Beginners Knitting – WB & Main

Learn the basics of knitting – stitches, types of yarn and sizes of needles to make your project.

Beginning Drawing Part 2 – WB

The art of drawing from John Maggiorre.

Beginning Sewing - Main

You will learn sewing basics and using your own machine, construct a garment during the semester.

Billiards - Friday

The group meets at Corner Pocket
2424 Williams Blvd Kenner

Bioethics: Ethics & Healthcare – Main

This course takes an ethical perspective of the human body. Students will consider end of life issues, the role of medicine in healing and the approach each one takes in responsibility for their bodies. Discussion, videos and a textbook will be used.

Book Buddies Book Club – WB

Students meet weekly to discuss books of their interest. There is a group leader.

Brazilian Embroidery - Main

Learn the beautiful stitches of the detailed embroidery from an experienced teacher.

Bridge: Beginners – WB

Want to learn the game from scratch?
Here's the place to start.

Bridge: Advanced - WB

Advanced students will deal & play – no instructor.
All students must know bridge conventions and use bid boxes.

Canasta: Beginners – WB & Main

Learn to play canasta. You will learn the mechanics of the game, and enjoy group play.

Chorus – Main

Make a joyful noise !! Chorus is just that. All singers welcome.
You do not have to be a professional- just love to sing. The group goes during the holidays to sing at nursing homes. Join the fun!!

Computer Basics – Both Campuses

Learn computer skills at your own pace and develop confidence in your ability to use your own computer.

Must have a working home computer.

No Apple/Mac Fee \$10

Computer: Word 2013- Both Campuses

Learn the many facets of the Word program – it's not just for writing letters.

Prerequisite: Basics and Intermediate.

Must have working home computer.

Craft Workshop – Main

This workshop includes a variety of projects, such as polymer clay beads and pendants, wreath making, card and bookmark making and painting T-shirts, scarves, etc. Supply list provided.

Creative Writing – Main

This course will focus on writing fiction with particular attention to plot, character and setting. The instructor will give prompts and lead brief discussions as well as invite readings of student work.

The first half hour will be for beginners only.

Can also be done as an online class.

Crochet: Beginners – Both Campuses

Learn basic stitches, granny squares or maybe even an afghan.

Bring an H Hook and any yarn.

Cross Stitch – Main

All levels of cross stitch taught. Kits available for beginners for a fee pd to teacher. Other stitchers welcome to work on existing projects.

Current Events – Both Campuses

Each week there will be a discussion of what's happening the week before in the news (local theatre productions, major events, etc.) Politics may be discussed but only in a general news way. There will be no endorsing of candidates or specific political parties.

Dominoes - Main

Have fun playing Chicken Foot dominoes!!

Drawing: Beginners - Both Campuses

Learning to draw using basic shapes

Supply list at 1st class

Drawing: Intermediate – Main & WB

Continuation of drawing exercises increasing the complexity of assigned tasks.

Fee \$9

Early American Literature – Summer – Main

Using *Great Courses* DVD series to explore authors Ben Franklin through Mark Twain.

Flash Dance – Main

High energy aerobic workout with dance steps.

Fluid Painting – Summer – Main

Fluid painting is a brushless painting technique using a low viscosity paint. The paint can be dripped, splattered, thrown, sprayed or poured. During this class, participants will learn the basic skills for pouring liquefied acrylic paint.

French Conversation: Intermediate & Advanced – WB

Intermediate level course with emphasis on building grammar and vocabulary skills through conversational drills and exercises.

French: Beg/Adv Beg – WB

Develop basic French grammar and vocabulary skills. Apply and improve your language skills through conversation practice.

From Jesus to Christ – Summer – Main

"From Jesus to Christ: The First Christians" tells the epic story of the rise of Christianity. The PBS series explores the life and death of Jesus, and the men and women whose belief, conviction, and martyrdom created the religion we now know as Christianity. While there are 4 parts to the series, there is ample material for discussion for the duration of the 6 weeks.

Fun With Acrylics – WB

Learn techniques to use acrylic paints. Supplies provided by students. Teachers will advise on supplies needed.

Garden Picked Floral Designs – WB

Use creativity to make decorative arrangements with items from your garden. Watch the magic happen with designs that will add to your décor. Some supply fees required.

Great American Fiction– Main

We will read and discuss novels and short stories by a variety of authors.

Hand Building Ceramics – Main

Students will create objects in clay before painting and firing.

Glazing & firing fees of \$30 to be paid at registration.

Hand Quilting: Beginners -Main

Learn to select fabric, cut patterns, piece and stitch.

Become part of a centuries-old tradition while having fun!

How Money Works - Main

The ultimate key to financial success is knowledge – about how money works, how to make responsible, well-informed decisions and how to get the best value for the dollars you spend.

The course is an introduction to the basic, common sense financial concepts that can help people overcome the obstacles they face and achieve their goals.

Intermediate Art Workshop: Tips & Techniques - Main

Demonstrations, discussions and hands-on activities

This workshop will focus on providing participants with tips & techniques to enhance their artistic experiences. Various mediums may be addressed, but acrylic painting techniques will be the primary focus. Designated class leaders with expertise in specific art forms will demonstrate select techniques and engage class members through discussion and hands-on participation. Should have some prior painting experience.

Intermediate Bridge: - WB

Lessons the first half hour and then play bridge.

Intermediate Drawing & Painting – Main

Learn the basics of drawing and the art of watercolor painting.

Intro to the New Testament –Both Campuses

We will look at when, how, why, by whom the books are written. Students will be introduced to important awarenesses that are necessary learnings in order to fully appreciate the message of the texts.

Italian Conversation: Beg/ Adv. Beg – WB

Develop basic Italian grammar and vocabulary skills. Apply and improve your language skills through conversation practice.

Jazz Dance -Main

This class is for the beginner to intermediate student who loves to move to great music.

Jewelry Making - Both Campuses

Learn how to make your own creations using a variety of tools and materials.

Jin Shin Jyutsu – WB

An art and ancient philosophy of harmonizing body, mind and spirit with gentle touch.

John Steinbeck – Main

Will be reading and discussing *The Grapes of Wrath* and *Cannery Row*. Books req'd.

Knitting: Beg/Adv. – Main

Learn basic knitting skills. Advanced techniques taught for experienced knitters.

Laptop Genealogy Research –WB

Instructor will guide you through the many resources available to do your research. Computer lab used in both hours. May include visits to the public library.

Leviticus, Numbers & Beyond- West Bank

This course moves us beyond the Book of Genesis and Exodus of the Pentateuch, to the Book of Leviticus and possibly on to the Book of Numbers. Major themes are explored and other features which distinguish it from others within the first five books of the Hebrew Scripture (Old Testament).

Line Dancing: Interm– Both Campuses

Learn all the newest popular dances with a great teacher.

Machine Quilting (Beginners & Advanced)– Main

Beginners will learn the basics of quilting which includes the use of quilting tools. Make quilt projects from beginning to completion – wall hangings, tote bags, pot holders and clothing. Required to bring their own sewing machine. No fees necessary but students must supply personal tools. Projects will advance with experience.

Mah Jong: Beginners – Both Campuses

An exciting game played with tiles. It is likened to an “oriental Rummy”. The ideal setup is 4 handed but 2 or as many as 5 participants may compete. The People Program teaches the rules of the National Mahjongg League. It is always played without partners. The skill and luck of the individual makes a winner.

A unique and appealing feature is the annual change of regulation hand formations. This levels the playing field between the new player and the veteran and places them on equal footing.

Matter Of Balance – Main

This program emphasizes practical strategies to manage falls. Students will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance.

Memoirs: Writing Life’s Stories– Main

Writing memories of our lives, we use various writing examples, inspirations and “memory joggers”.

Mind, Body, Spirit – Main

Classes will start with the topic of stress reduction techniques such as stretching, breathing and progressive muscle relaxation. Meditation will be the next topic. The physical, mental and emotional benefits of meditation will be studied as well as various meditative techniques. Finally, the history of healing prayer will be presented with in-depth biblical study and then actual practice.

Mindfulness for Health & Happiness – Main

Learn & experience ancient techniques for relief from modern life. Change your brain & expression of genes to help with anxiety, tension, chronic pain, depression, sleep, traumatic stress, immune function and negative thinking.

Mosaic Tile & Cement Creations – Main

Using mosaic tiles to create art. Supplies provided by students but teacher will guide you in what is needed. Bring your creativity.

Music Appreciation – WB

Listen to classic music of all kinds.

Needlepoint – Main

Needlepoint can be compared to creating a painting only you do it with yarn. You will learn 4 groups of stitches: straight, diagonal, crossed and composite. It is fun and relaxing. You can create accessories for your home, family and friends. Projects may include pillows, evening bags, vests, belts, pictures or covering your dining room chairs.

Nutrition Against Disease – Main

This course is comprehensive in its approach to wellness . . . an inspirational, practical, hands-on guide to understanding the science of nutrition and how what we eat and drink affects our bodies and our lives. Healthy recipes will be shared.

Oil Painting: Beginners – All Campuses

An introduction to oil paints and composition.

Oil Painting – Intermediate – Main

Must have taken beginning oils with Herman Gray.

Paper Pottery – Main

You rarely get something for nothing these days, but you can repurpose what you may already own. You will handcraft a decorative bowl from glue, gesso, acrylic craft paint, newspaper and reclaimed embellishments.

Pastel Painting Workshop – Both Campuses

Painting portraits, still life and landscapes in pastels.

Pen & Ink and Watercolors – WB

Enjoy learning the techniques of both of these mediums and how they are used together.

Perspective Drawing – WB

Fundamentals of learning perspective in drawings.
Supplies: drawing pad and ruler.

Piano - Both Campuses

Must have a piano or keyboard at home to practice
Lessons taught by qualified teachers.

Poetry – Main

Read and discuss poems – your own and others – with
a published poet.

Point & Shoot Photography – Main

Five week course on how to take better pictures. (Oct. 4-Nov.1)
Instructor will do some one-hour classes on phones, etc. TBA

Preparing Sunday Readings – Main

This class will use the readings from the **Revised Common Lectionary** which is followed by many churches across the globe including Anglican, Baptist, Episcopal, Lutheran, Methodist, Presbyterian, Reformed and many more. This means that these denominations use the same readings for their Sunday worship.

Together we will read the readings for the upcoming Sunday. In a brief time of silence, we will let them speak to our hearts, discern their meaning, and then share our insights with one another.

Prophets Part 2 – Main

This course moves us beyond the Book of Genesis and Exodus of the Pentateuch, to the Book of Leviticus and possibly on to the Book of Numbers. Major themes are explored and other features which distinguish it from others within the first five books of the Hebrew Scripture (Old Testament).

Reading & Playing Music - Main

Learn to read music by using techniques taught by a knowledgeable teacher. Would prefer to teach those who do not know how to read music.

Richard Simmons Video Workout – Main

Silver Foxes CD with a warm up, a low impact non-stress workout and a 3 minute relaxation set to classic swing tunes.

Scrabble – Main

Enjoy this popular board game and work out your brain.

Shakespeare: Tempest & Tea – Main

Explore the magical world of *The Tempest* by Shakespeare with playful abandon. Enjoy a cup of tea as we explore the alchemy created by Prospero. We will view the Globe Theatre's production, the Helen Mirren production, and scenes from films influenced by *The Tempest*. The required text will be the Folger edition of the play, cost about \$6.00.

Sharing Technology with your Grandchildren – Main

Will work with our phones to learn how to stay connected with grandkids to do Skype, FaceTime, Facebook, texting, etc.

Sit And Be Fit – Main

Sit & Be Fit works on core strength, flexibility, balance, circulation and range of motion with an emphasis on proper breathing & postural alignment. Uses DVD Stretch & Strength with Anne Pringle Burnell.

Stained Glass –WB & Main

Current students have a wide range of expertise and talent and all share their enjoyment of this craft with everyone in the class. The People Program provides most large equipment and some project patterns.

Stories I Remember – WB

Remembering Life through Writing and Storytelling.

The focus is on the values associated with remembering, writing and telling about the past, and acknowledging the little things that formed who we are.

Strength, Flexibility & ROM – Main

Seated and/or standing exercises with bands and balls to improve strength, flexibility and range of motion.

Strength Training – Main

Participants will improve strength, balance and flexibility.

Strength Training & Lifestyle – Main

Will be adding info on metabolism, healthy eating and your circadian rhythm (your sleep/wake cycle).

Stretch For Health & Fitness – Main

Participants will learn proper alignment for stretching and practice

A variety of exercises promoting strength and flexibility.

Bring a mat.

Successful Orchid Growing – Main

Great info will be shared from this knowledgeable grower of orchids.

Table Tennis- Both Campuses

Table Tennis or Ping Pong is a game for exercise and fun.

It is easy to learn and you'll enjoy the social and competitive spirit of the game.

Tai Chi For Everyone - WB

Students will be introduced to yoga moves to help improve balance and core strength.

Tap Dance: Beginners - Main

Devoted to teaching basic tap steps to true beginners.

Treme: The Evolution of a Culture

Experience Treme and it's rich history through stories, facts, art and artifacts.

Understanding Weather – Both Campuses

We all wonder about cloud formations, solar radiation, tornados, hurricanes and our radical weather patterns. Learn about these things and more from a certified meteorologist, Dr. Ashton Peyrefitte, Jr.

Upwords – Main

This is a 3 dimensional word game similar to Scrabble. Come exercise and stimulate the brain.

Violin: Beginners and Intermediate – Main

Always wanted to play the violin?? Give it a try with a qualified instructor. Violins may be rented.

Watercolor: Beginners – Main & WB

The purpose of this class is to help students understand and apply the principles and techniques of watercolor. It is hoped that everyone will “fall in love” with the value of the color wheel.

Why Is New Orleans Different? – Main

Find out why our city is so unique and like no other !!

Wire Wrapped Jewelry – Main

For 1st class, bring 2 buttons 1 ½” in diameter and 1 roll Artistic wire silver plated non-tarnish – gauge 18, 20, 22 & 24 and a small amount of small beads under 10 mm. Tools needed: sm round nose pliers, flush cutters, a ruler and the special padded tools for straightening wire. Bring tools if you have them.

All tools will be introduced in the 1st class so you can wait until next class to make purchases.

Women Leaders in Early Church & St Paul – Both Campuses

This class will use the readings from the **Revised Common Lectionary** which is followed by many churches across the globe including Anglican, Baptist, Episcopal, Lutheran, Methodist, Presbyterian, Reformed and many more. This means that these denominations use the same readings for their Sunday worship.

Together we will read the readings for the upcoming Sunday. In a brief time of silence, we will let them speak to our hearts, discern their meaning, and then share our insights with one another.

Wood Turning – Main

Using a portable lathe, students will create a variety of projects, including light pulls, small bowls, pens, etc.

Yoga – Both Campuses

Hatha yoga is a series of breathing techniques and physical postures designed to center and calm the mind and body.

Yoga For Back Restoration – Main

Techniques will be taught to aline postures properly and strengthen the back.

Zentangling Art - WB

Creating beautiful images from repetitive patterns. A relaxing art form.

Zumba Gold – Both Campuses

Enjoy this fun way to increase your heart rate while hearing great music.