Course Catalog – Spring 2020

Courses listed alphabetically.
Brief description of most classes listed for both campuses.

13 – A Card Game – Main
A rummy-like card game but with specific requirements for each hand. Lowest score wins! Challenging and fun.

Acrylics – Main & WB
Paint with acrylics on canvas. Learn techniques. Instruction on supplies given at first class.

Adaptive Yoga – Main
Yoga positions adapted to each student depending on their level and limitations to help strengthen your core and improve balance and strength.

Advanced Paper Pottery – Main
Take your paper crafting skills to the next level! Handcraft something beautiful from recycled newspapers, magazines, junk mail, etc. Create beautiful bowls, platters, trinket boxes, canisters and many other items limited only by your imagination. Participants MUST have taken the introductory Paper Pottery class.

Adventures in Ethnic American Literature – Main
Five books will be read and discussed this semester: Braiding Sweetgrass by Robin Wall Kimmerer, The Heart Is a Lonely Hunter by Carson McCullers, Fifth Chinese Daughter by Jade Snow Wong, We Cast A Shadow by Maurice Carlos Ruffin and Bless Me, Ultima by Rudolfo Anaya.

Aging or ADD? – Main
A humorous discussion on the things we notice about ourselves and others around us that change as we age.
American Sign Language – Main
How many times have you wished you knew how to “sign”. Come and learn how to converse with your hands.

Ancient Aliens – WB
Using videos of the TV series, Ancient Aliens, brings discussion about the possibilities and/or reality of how and where we came from.

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 Loom Weaving – Main
This class is an introduction to frame loom weaving using a small frame loom. A variety of materials can be used: twine, yarn, strips of material, etc.

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

Beginning Drawing Part 1– 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.

**Biodiversity - Main**  
*Biodiversity* is the shortened form of two words "biological" and "diversity". It refers to all the variety of life that can be found on Earth (plants, animals, fungi and micro-organisms) as well as to the communities that they form and the habitats in which they live.

**Book Buddies – WB**  
Students meet weekly to discuss books of their interest. There is a group leader.

**Brazilian Embroidery – No new students - Main**  
Fees paid to instructor for kits.  
Learn the beautiful stitches of the detailed embroidery from an experienced teacher.

**Bridge: Beginners/Adv Beg. – WB**  
Want to learn the game from scratch?  
Here’s the place to start.

**Bridge: Intermediate - WB**  
Intermediate students will deal & play.  
All students must know bridge conventions and use bid boxes.

**Calligraphy – Main**  
Learn the art of producing handwriting or lettering with a pen or brush.

**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 – All 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: Intermediate - All Campuses**
E-mail and Internet
Must have a working home computer
Prerequisite: Computer Basics
No Apple/Mac  Fee $10

**Computers: I Pads & I Phones – WB**
Demonstrations and discussion on all there is to learn about your I Phone & I Pad.

**Contemporary Dance – Main**
One year of dance required to join this class lead by a very talented dancer. Learn great dance steps to classic songs.

**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. Fees for supplies.
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 – No new students – Main
Fees paid to instructor for kits. Learn the art of cross stitch. Very knowledgeable instructor.

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 – Main & WB
Learning to draw using basic shapes. Supply list at 1st class

Drawing What You See – Main
Listening, participating and practicing will take you far beyond your current drawing skills. It is incumbent upon you to learn to see, observe and put into practice the objectives and your expectations of this class.
**Easter Egg Design – Main**
Pysanky means “to write” the design on a blown egg. The eggs are decorated by a complicated process akin to Batik. Melted bees wax is applied with a stylus to the blown egg. The egg is dipped into a succession of dye baths. Between each dipping, wax is applied over areas where previous color is to remain. After the final color has set, wax is rubbed off and a glaze is applied. Make beautiful, one of a kind Easter eggs !!!

**Events That Changed The World Forever-WB**
Discussions of things that changes us: the sinking of the Titanic, the Stock Market Crash of 1929, establishment of the United Nations, the Montgomery Bus Boycott, the attack on Pearl Harbor and more recently, terrorist attacks.

**Exercise To Music of the 60’s – Main**
Moving to great music to increase the heart rate and have fun. Cool down included.

**Flash Dance – Main**
High energy aerobic workout with dance steps.

**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.

**Fun With Acrylics – WB**
Learn techniques to use acrylic paints. Supplies provided by students. Teachers will advise on supplies needed.
**Genealogy DNA: Intermediate – Main**
Must have results from a DNA test (preferably Ancestry.com). Family trees will be built using DNA information and matches.

**Genealogy Using Computers: Basics – both campuses**
An introduction to genealogy, primarily using Ancestry.com, Family Search.org and Find A Grave to build a family tree. It is suggested that the student have a working knowledge of computers or has taken a computer class.

**Genealogy Using Computers: Intermediate- Main**
Must have had Genealogy Basics or have been building a family tree using Ancestry.com or equivalent.

**Growing Orchids-WB**
Learn the correct way to grow all varieties of orchids from a seasoned member of the Orchid Society.

**Hand Building Ceramics – Main**
**No new students this semester – no exceptions**
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!

**Happiness Is The Best Revenge- WB**
Awaken Your Inner Healer
Learn to manage pain, eliminate fears and phobias, change unwanted behaviors and heal relationships.

**History & Culture Of New Orleans – WB**
Tour Guides will impart their knowledge of early New Orleans 1698-1900.
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.

How To Watch A Movie – Main
Will not be watching movies. Instructor will lead a discussion on the art of watching a movie.

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 Chess – Main
For those who have some knowledge of the game and are familiar with the movement of the pieces and basics of check & checkmate. Beginners who are committed to regular attendance are welcome to attend and will receive personal attention.

Intermediate Drawing & Painting – Main
Learn the basics of drawing and the art of watercolor painting.

Intermediate French – WB
Brush up on your French for your next vacation. Prior knowledge of the language required.
Introduction To Fiction Writing – Main
This class will focus on both the short story and the novel. It is designed to instill a love of creative writing and an understanding of the techniques used in creating great fiction. The course will: 1) introduce students to such essential elements of storytelling as characterization, conflict, moral choice, points of view, imagery, dialogue and theme; 2) acquaint students with the writing philosophies and practices of such masters as Flannery O’Connor and Ernest Hemingway; and 3) assign creative work for critique by classmates. It is suggested that participants purchase *The Best American Short Stories of the Century*, edited by John Updike, co-edited by Katrina Kenison. The book can be ordered in paperback on Amazon.com.

Introductory French – WB
Beginning French conversation. Book Fee.

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

Knitting: Beg/Adv. – Main
Learn basic knitting skills. Advanced techniques taught for experienced knitters.
Line Dancing: Interim– Both Campuses
Learn all the newest popular dances with a great teacher.

Machine Quilting – 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.

Mah Jong: All Levels – 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.

Mah Jong: Intermediate – Main
Players with basic knowledge of the game welcomed.

Memoirs: Writing Life’s Stories– Main
Writing memories of our lives, we use various writing examples, inspirations and “memory joggers”.

Mind, Body, Spirit– both campuses
Explore ways to get and stay motivated about taking a holistic approach to your health. Will cover fundamentals of self-care and choosing behaviors that help balance the stress of aging.
**Mindfulness Meditation – Main**
The purpose of this course is to introduce the participants to mindfulness meditation as a practice for living a happier and less stressful day by addressing mental habits that increase our propensity to anger, hate and general dissatisfaction in life. Measurable results can be a quieter mind, more tolerance, less judgement, better sleep, lower stress, higher attention and chronic pain reduction among many others. Come dressed in comfortable clothing and shoes.

**Modern Jazz Dance- Main**
This type of dance incorporates unique moves, leaps, turns and imaginative improvisation to jazz music.

**Modern Mystics: Thomas, Richard, Joan, Thea, Dorothy & You (Con’t.)**
We will continue to explore what it means to be a “mystic” – characteristics, etc. particularly in the lives and message of modern mystics. Because the fall semester focused mostly on Catholic modern mystics, our focus will include modern mystics of other religious traditions as well.

**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 (No new students) – 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 The classes will involve well presented videos and discussion. Healthy Recipes will be shared!

**Original Sin & Original Blessing In Genesis 1-11 – Main**
This course will investigate traditional teachings on “original sin” and how might we view this concept through a more current lens. We will consider the original “state” of Adam and Eve and the other characters in the first 11 chapters of Genesis through the lens of both sin and blessing. (Cain and Abel, Noah, those in the story of the Tower of Babel included). What do these first chapters teach us about God and about humans?

**Paper Flowers Galore – Main**
Learn to create an assortment of beautiful paper flowers just in time for Spring !! Supply list available.

**Paper Pottery-Main**
You rarely get something for nothing these days, but you can repurpose what you may already own. In 12 sessions handcraft decorative pieces from glue, gesso, acrylic craft paint, recycled newspapers 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.

**Proactive Aging: Living Your Best Life – Main**
Tips and information on the latest research for staying healthy, mind and body.

**Reading & Playing Music - Main**
Learn to read music by using techniques taught by a knowledgeable teacher.

**Regain Your Brain – Main**
Will be watching and discussing a docuseries expressing hope for the regeneration of an aging brain. The series will discuss that you’re not stuck with the brain you have.

**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.

**Short Stories by Celebrated Authors – Main**
The course will include some of the following: short story collections by Sherwood Anderson, William Faulkner, Flannery O’Connor, Alice Walker, Edith Wharton. We should have time for about 3 meetings per author. The prominent mode of the meetings will be discussion.
**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.

**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.

**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.

**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**
First 30 minutes of the class will be devoted to teaching basic tap steps to true beginners.
Tap Dance: Intermediate - Main
No experience necessary. Come learn the basic steps. Have a great workout and have fun.

The Unsettling Of America – Main
This book is an account of the tragedy of how American ecosystems and rural people were and still are exploited – and then often abandoned. It’s not what the schoolbooks say.

Their Eyes Were Watching God – Main
The class is an introduction to author, Zora Neale Hurston. The primary focus of the class is the reading of her novel. Readers will also study short fiction and non-fiction selections by Hurston.

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.

Walk Fit Workout – Main
The miles will fly by as you step, tap, kick and twist to these oldies but goodies that are sure to be some of your all-time favorites too. So come on and sing along as you get your walk on!

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.
**Wisdom Jesus – Main Campus**
This course is a continuation of the Fall 2019 semester, using the book by Cynthia Bourgeault entitled *Wisdom Jesus*. Because the course will be a continuation into the Spring 2020 semester, only those students who have attended the fall semester are invited to attend.

**Wisdom Jesus – West Bank**
This course on *Wisdom Jesus* is a book discussion using a work by the same title, authored by Cynthia Bourgeault, herself a modern mystic. The Wisdom Tradition will be introduced – a necessary, basic understanding for appreciating the author’s perspective on Jesus and his message. You are encouraged to purchase your book from a used book seller, (google “used book sellers”) for a more reasonable price.

**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.

**Zentangling Art - WB**
Creating beautiful images from repetitive patterns. A relaxing art form.