

Course Catalog –Summer & Fall 2018

Courses listed alphabetically.

Brief description of most classes listed for both campuses.

Acrylics –Main & WB - Fall

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

Alcohol Inks – Summer & Fall – Main

Brushless painting on non-porous surfaces like glass or tile.

American Sign Language –Main - Fall

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

Armchair Exercise – WB - Fall

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 - Fall

The Study of the history of art in western civilization.

Art Workshop: Intermediate & Adv. – WB- Fall

Oil painting only - Students work independently

Basic Drawing - WB - Fall

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

Bead Weaving - WB - Fall

An artistic jewelry making technique using basic bead stitches such as ladder, brick, chevron, peyote, right angle weave, herringbone, etc. to create bracelets, necklaces and pendants. Supply list provided. Buddy system encouraged among students.

Beginners Knitting – WB - Fall

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

Beginning Drawing Part 1 – WB- Fall

The art of drawing from John Maggiorre.

Beginning Picture Frame Weaving – Summer

This class is an introduction to frame loom weaving using a wooden picture frame or a small frame loom. A variety of materials can be used: twine, yarn, strips of material, etc.

Beginning Sewing - Main- Fall

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

Body Groove – Summer

Body Groove is a series of low-impact movements set to contemporary music designed to work out all the muscles in the body, shaping and toning in a relaxed manner. The facilitator will utilize DVD's to guide you through the exercises.

Book Buddies – WB- Fall

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

Brazilian Embroidery - Main - Fall

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

Bridge: Beginners – Fall - WB

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

Bridge: Advanced - WB - Fall

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

Calligraphy – Summer

Learn the art of beautiful writing. Can be used to design invitations, cards, etc. Will learn the alphabet and several techniques in making the letters and the tools to use.

Canasta: Beginners – WB & Main - Fall

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

Chorus – Main - Fall

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 - Fall

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 - Fall

E-mail and Internet
Must have a working home computer
Prerequisite: Computer Basics
No Apple/Mac Fee \$10

Computers: Special Topics – WB - Fall

Demonstrations and discussion on Skype, Twitter, Facebook, etc.
Is a 5 week course on Wednesdays Nov 4 – Dec 11.

Computer: Word 2013- Main - Fall

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 - Fall

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 - Fall

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 – All Campuses - Fall

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

Bring an H Hook and any yarn.

Cross Stitch – Main - Fall

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 – Main - Fall

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.

Decorative Painting: One Stroke Technique – WB - Fall

Using the one stroke painting technique, students will paint glass, wood and other objects.

Dominoes - Main - Summer & Fall

Have fun playing Chicken Foot dominoes!!

Drawing: Beginners – Main & WB

Learning to draw using basic shapes
Supply list at 1st class

Drawing: Intermediate – Main & WB - Fall

Continuation of drawing exercises increasing the complexity of assigned tasks.
Fee \$9

Enjoying Short Fiction - WB - Fall

Discussions on short fiction chosen by instructors and the group.

Flash Dance – Main - Summer & Fall

High energy aerobic workout with dance steps.

French Conversation: Intermediate & Advanced – WB - Fall

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

French: Beg/Adv Beg – WB - Fall

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

Fun With Acrylics – WB - Fall

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

Guided & Self-Meditation – WB - Fall

Learn to overcome fears, phobias and anxiety, ease pain, calm nerves, sleep better, lose weight and improve relationships.

Great American Fiction – Fall – Main

We will read and discuss.

Hand Building Ceramics – Main - Fall

Students will create objects in clay before painting and firing. Glazing & firing fees of \$30 to be paid at registration.

Hand Quilting: Beginners -Main - Fall

Learn to select fabric, cut patterns, piece and stitch. Become part of a centuries-old tradition while having fun!

History Of New Orleans – WB - Fall

Tour Guides will impart their knowledge of early New Orleans 1698-1900.

How Money Works - Main - Fall

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 - Fall

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 - Fall

Lessons the first half hour and then play bridge.

Intermediate Drawing & Painting – Main - Summer & Fall

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

Intermediate French – Summer

Brush up on your French for your next vacation. Prior knowledge of the language required.

Intro to the New Testament – Fall – 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.

Introduction to German – Summer

This course is designed to introduce non-German speakers to the language and to develop basic conversational skills for navigation and communication in Germany. Participants will learn how to converse in a casual setting, ask and understand directions and handle money.

Introductory French – Summer

Beginning French conversation. Book Fee.

Italian Conversation: Beg/ Adv. Beg – WB - Fall

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

Jazz Dance -Main - Fall

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

Jewelry Making - Both Campuses - Fall

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

Jin Shin Jyutsu – Main - Fall

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

Just Move It !

Guided by a blend of soft speech and music, engage in easy movements that free your mind and body. Awaken to the inner beauty and peace that comes with feeling your body “just move it!”

Knitting: Beg/Adv. – Main - Summer & Fall

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

Laptop Genealogy Research –WB - Fall

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

Learning Social Media Techniques – Main – Summer

Gillian & Savannah will be showing you how to: make an account, find pages or groups that interest you, find friends, check in to places or include that location on a picture, tag people in posts, change your profile/cover photo and post photos. They will teach all of these things on the following social media: Facebook, Instagram, Twitter, Snapchat, YouTube, Pinterest, Wikihow, Spotify, Pandora. Written instructions will be available.

Line Dancing: Interm– All Campuses

Learn all the newest popular dances with a great teacher.

Lost Gospels: Both Campuses - Fall

This course focuses on the discovery of manuscripts (“lost” gospels) in Egypt which were thought to be destroyed in early Christianity. Recently found (1945) the Nag Hammadi discovery is said to rival the Dead Sea Scrolls discovery in its significance.

These gospels are “non-canonical”, meaning they didn’t “make the cut” for inclusion in what we know as the New Testament today. What are these books? When were they written? By whom? How do we know about them? What might they teach us? Can we learn from non-canonical literature? Why weren’t they included in the New Testament? Our consideration will address some of these questions.

The Gospels of Thomas, Mary Magdalen, Judas are examples of lost gospels from the Nag Hammadi discovery.

Machine Quilting – Main - Fall

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: Beginners – All 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 - Fall

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

Mosaic Tile & Cement Creations – Main - Summer & Fall

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 - Fall

Listen to classic music of all kinds.

Needlepoint – Main - Fall

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 for Good Health – Main – Fall

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. The classes will involve well presented videos and discussion. Healthy Recipes will be shared!

Oil Painting: Beginners – Both Campuses

An introduction to oil paints and composition.

Pastel Painting Workshop – Both Campuses

Painting portraits, still life and landscapes in pastels.

Pen & Ink and Watercolors – WB - Fall

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

Perspective Drawing – WB - Fall

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

Piano – All Campuses - Fall

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

Poetry – Main - Fall

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

Reading Music - Main - Fall

Learn to read music by using techniques taught by a knowledgeable teacher.

Richard Simmons Video Workout – Main - Fall

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 - Fall

Enjoy this popular board game and work out your brain.

Sit And Be Fit – Main – Summer & Fall

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.

Spy In The Wild – Summer

This is a DVD/PBS presentation that uses spy cameras disguised as animals to secretly record behavior in the wild. The presentations show what we can only learn from being among the animals--in the pack, herd or pod. We will observe that animals have feelings and display their feelings often in ways similar to humans. Specifically animals show the capacity to love.

Stained Glass –WB & Main - Fall

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 - Fall

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 - Summer & Fall

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

Strength Training – Main – Summer & Fall

Participants will improve strength, balance and flexibility.

Stretch For Health & Fitness – Main - Fall

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 - Fall

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

Tap Dance: Beginners - Main - Fall

First 30 minutes of the class will be devoted to teaching basic tap steps to
true beginners.

Tap Dance: Intermediate - Main - Summer & Fall

No experience necessary. Come learn the basic steps.
Have a great workout and have fun.

The American Dream in Art & Literature – Main – Summer

Defining and exploring the idea of the “American Dream” as it is expressed
in American literature and art. A field trip to NOMA will be included.

The Human Condition In Fiction & Reality – Fall – Main

We will use short stories and biographies to delve into the human condition.

Treme: The Evolution of a Culture – Fall – Main

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

Tricentennial Jeopardy – Summer

Let's play Jeopardy !!! As the title implies, questions and answers will be about New Orleans and its celebration of 300 years. A real Jeopardy set-up will be used with buzzers and timer.

Upwords – Main - Summer & Fall

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

Utopia & Utopianism – Fall – West Bank

We shall examine efforts to imagine an ideal political society and read St. Thomas More's little book whose title gave that phenomenon its name. Second hand Dover Thrift editions of Utopia available through Amazon for less than \$1.

Violin: Beginners and Intermediate – Main - Fall

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

Walk Fit Workout – Fall – 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 - Fall

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 Books: Job, Psalms . . . – West Bank - Fall

This course introduces the Wisdom literature of the Old Testament, highlighting what is unique in this body of literature, and what is the major theme explored in the work as a whole . All books within this category deal with how to live one's daily life in order to feel satisfaction and live in peace . We will consider in the Book of Job and the Book of Psalms and possibly one or 2 others in greater depth

Wood Turning – Main - Fall

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 Meditation & Mandala Design – Summer

Class will begin with a yoga warm-up to stretch our bodies, then we'll stretch our minds with meditation. The meditation will center and calm us which will lead us to design personal mandalas.

Zentangling Art - WB- Fall

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

Zumba – Exercise With Music - WB - Fall

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