

## THE FOLLOWING CLASSES MEET EVERY SATURDAY

BEGINNING March 10, 2018

(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

### AN HISTORICAL MELANGE – S5 – New topics!

J. Toro

Open your mind to enjoying history in a less traditional way! Professor Toro will lend intrigue and excitement to the backstories of well-known historical figures including Julius Caesar, Amerigo Vespucci, "The Real Traviata", Mary Todd Lincoln and others. It's a cornucopia of historical "Wows" as she shares less well known and often hidden facts that will astound you! History in a different way! Don't miss this presented-only-once course which will leave you fascinated by history like never before!

Room 104 – High School

10:00 A.M.-11:30 A.M.

6 weeks, starts March 10, 2018

Fee: \$49 (Non-Residents \$53)

### CHAIR YOGA – S3

P. Flagiello

Gain the benefits of a typical yoga class while sitting in a chair! Yoga builds strength, increases flexibility, is good for circulation and teaches deep relaxation through a series of slow, gentle postures and controlled breathing adapted so you can do yoga in a chair! Please consult your doctor prior to beginning any new physical activities.

Libr/Media Conf. Room – High School

11:00 A.M.-12 Noon

8 weeks, starts April 7, 2018

Fee: \$50 (Non-Residents \$54)

### DRAWING FOR ENJOYMENT - PART 2 - S6 – New!

P. Corelli

This course is geared to the intermediate student who has already completed our beginner course. Continued instruction to build on what you've already learned If drawing is something you've always wanted to do! Topics include exercises in light, shading, shapes, composition & perspective. Our goal is to help you draw for relaxation with results that will give you great satisfaction!

Room 110 – High School

9:00-11:00 A.M.

5 weeks, starts May 5, 2018

Fee: \$65 (Non-Residents \$70)

### LINE DANCING FOR SENIORS - Beginner– S1

P. Alfonso



Seniors, come on out and start your Saturday having fun with friends. Learn how to *shuffle*, *grapevine* and *hook* to name a few steps. Put your steps together, add music and you're line dancing! No partner or experience needed, just a willingness to have a great time. Please wear leather sole or smooth bottom no scuff shoes. Bring a bottle of water. For age 62 or older. Proof, such as driver's license required at first class.

Cafeteria 2 – High School

9:00-10:00 A.M.

8 weeks, starts March 10, 2018

Fee: \$46

### SALSA DANCE – S4

A. Mobray

Being Social is for all ages! Let's get up and dance! Learn to Salsa On2 (aka New York Club Style Salsa) in this beginner course geared to teach you the basic footwork and turn patterns needed to get out on the dance floor. Wear comfortable (preferably leather-bottom) shoes and bring water. Partners are encouraged but not necessary. At the end of the session, students may attend an optional class outing to a local Salsa club. Bailemos! (Let's Dance!)

Cafeteria 2 – High School

10:30-11:30 A.M.

8 weeks, starts March 10, 2018

Fee: \$46

### YOGA FOR SENIORS – S2

S. Miner-Berger

This course includes exercises in stretching postures, deep relaxation, and breathing techniques to relieve tension without strain. Wear loose fitting, comfortable clothing. BRING MAT OR TOWEL to sit on floor. Must be 62 years of age or older. Proof such as driver's license required first class. Class Limit 20.

Library/Media Center – High School

10:00–11:00 A.M.

8 weeks, starts March 10, 2018

Fee: \$55 (Non-Residents \$59)

