

# Don't Forget to Register for Spring Classes!



## Art—Medium of Choice Fridays, 9:30—11:30 a.m.

**March 5—May 7** Fee: \$46.00 Instructor: Mary Bachman Min: 4/Max: 10

Demonstrations of different styles are provided. The Impressionist style is stressed. Beginners and advanced students are welcome. Composition and color theory are always discussed with follow-up critique. You may choose oils, acrylics, pastels or colored pencils. There will not be class on March 19 or Good Friday.



## Sharpen Your Bridge Game Fridays, 10:00—11:30 a.m.

**March 26—April 30** Fee: \$57.50 Instructor: Dave Harty Min: 8

This class will be geared toward intermediate players. It will address a variety of topics driven mainly by the students' questions and concerns.

## Yoga Mondays, 10:15—11:45 a.m.

**April 5—May 17** Fee: \$45.00 Instructor: Jane Dorr Min: 10

This class is for all levels with attention to individual needs. The Iyengar method of yoga is a precise discipline that stretches and strengthens the body. It ultimately allows one to gain stamina and balance while bringing peace and quiet to the mind. Please wear loose clothing and no perfumed products. If you have yoga props, please bring them (sticky mat, strap, block, 2 firm blankets).



## Beginning Bridge III: Defense Wednesdays, 10:00-Noon

**April 7—May 12** Fee: \$69.00 Instructors: Pat Amort & Jerry Thornton Min: 12

This class will consist of one hour of lecture followed by one hour of prepared hands to play. Even though you may not have taken the first two classes in the beginning series, any player at the beginning level will be able to appreciate this class.



## Beginning Tai Chi Wednesdays, 1:00 – 2:00 p.m.

**April 14—June 9** Fee: \$46.00 Instructor: Karla Groesbeck Min: 6/Max: 20—25

Tai Chi is a great way to relax and have fun! It is a very peaceful, low-impact body movement. Studies have proven that Tai Chi improves balance, strength, health and memory for every body type and age group, especially seniors. Standing and seated exercises, combined with breathing techniques and gentle stretching, Tai Chi is suitable for everybody. There will not be class on May 19 (Annual Meeting).

## Intermediate Tai Chi Wednesdays, 2:15 – 3:15 p.m.

**April 14—June 9** Fee: \$46.00 Instructor: Karla Groesbeck Min: 6/Max: 20—25

This is a continuation class for those who were in Karla's last class in the winter. There will not be class on May 19 (Annual Meeting).

