

## Course Catalog – Updated for Summer & Fall 2022

Courses listed alphabetically.

Brief description of most classes listed for both campuses.

**Not all classes are offered every semester – View semester class schedule to see what classes are being offered.**

**\*5/6/22 Note: This Catalogue is a work in progress! Please pardon our mistakes! Over time, we will “firm” it up. Thank you, Scott Wallace**

### **13 - A Card Game - Lakeshore**

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

### **Acrylics: Adv. Beg/Intermediate**

Acrylic painting techniques are different styles of manipulating, and working with polymer-based acrylic paints. You will learning how to work with the shorter drying time, and several other techniques specific to using acrylics.

### **Adult Coloring - West Bank**

Takes your attention away from yourself (and those things that are stressing you out!) and onto the present moment event. This class is similar to a meditative exercise.

### **Amazing Elephants – Lakeshore**

Using internet, we will view documentaries showing the amazing qualities of elephants. Did you know that some elephants actually can paint? Come watch an elephant draw a picture of an elephant...

### **(American) Sign Language -Lakeshore**

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

### **Ancient Aliens – West Bank**

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 – West Bank**

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: Basics of Drawing and Painting: East Bank** All levels are welcome. Learn tips and techniques for drawing and painting. Supply list will be available

**Art History: - West Bank**

The Study of the history of art in western civilization.

**The Art of Forgiveness: West Bank** Description: Learning the three stages of forgiveness.

1. Rediscovering the humanity of the person who hurt us.
2. Surrender the right to get even.
3. Revise your feelings toward the person who hurt you.

**Art Workshop: Intermediate & Adv. – West Bank**

Oil painting only - Students work independently

**Barre Ballet-Lakeshore**

Classical ballet using a barre for support

**Basic Orchid Growing**

Learning the basics of Orchard care, when to repot, how to repot. Join us while learning how to be a successful orchard grower.

Demonstrations, presentations, and class participation.

**Basic Photography –Lakeshore**

This course will introduce to how a camera works and how to use it. It is meant for SLR cameras but is also informational to people with Point and Shoot cameras. You will learn about f stops, shutter speeds, what they do for exposure and how to use them as creative tools.

**Basic Loom Weaving-Lakeshore**

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 - Lakeshore**

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

### **Beginning Art**

Learning the process of art starting with your first drawing, and continuing until you produce your first painting.

### **Beginning Belly Dancing**

A great way to exercise your body, while learning the basics of belly dancing. Come join us, let's make exercise fun!

### **Beginning Drawing Part 2- West Bank**

The art of drawing from John Maggiorre.

### **Beginning Ukulele**

Your first step will be learning the chords, and by the end of class you will be playing your first solo.

### **Beginning Oil Painting- Lakeshore**

Beginning art students will learn valuable lessons from local artist Greg Jones - needed to learn the beginning steps to oil painting.

### **Beginning Sewing - Lakeshore**

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

### **Being Smart About Your Smart Phone - Lakeshore**

Learn about basic functions, apps (what kinds, how to get them, which ones are free, safe downloads), how to take, save and send photos and how to make albums. What music apps are available? May be using You Tube for demonstrations.

### **Beyond the Pentateuch: Joshua, Judges, Ruth – East Bank**

### **Bid Whist Card Game- Lakeshore**

Bid Whist is a partnership trick-taking variant of the classic card game Whist, from which the game was derived.

### **Body Groove – Lakeshore**

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. DVDs are used to guide you through the exercises.

### **Book Buddies – Lakeshore**

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

**Brazilian Embroidery- Lakeshore**

Fees paid to instructor for kits.

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

**Bridge: Beginners/Adv Beg. – Lakeshore – West Bank**

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

**Bridge: Intermediate West Bank- Lakeshore**

Intermediate students will deal & play.

All students must know bridge conventions and use bid boxes.

**Brushless Painting – Lakeshore**

Learn several techniques to make unique art without a brush - paint can be dripped, splattered, thrown, sprayed or poured.

**Calligraphy – Lakeshore**

Learn the art of producing handwriting or lettering with a pen or brush.

**Canasta: Beginners – Lakeshore & West Bank**

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

**The Canonical Gospels: Portraits of Jesus**

We will look at the 4 gospels not as photographs of Jesus but rather as unique portraits created by different authors, each with different audiences, cultural influences, dates of composition, themes and purposes.

**Catholic Social Teaching**

Catholic Social Teaching has been known as the "best kept secret" of our Church. This three part course will discuss:

What is Catholic Social Teaching? A summary/review of Laudato Si, and a summary/review of Fratelli Tutti.

**The Causes and Cures of Chronic Inflammation: East Bank** "Select interviews from among 32 health experts on how inflammation disrupts our health and how we can put out the flames!"

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## **The Celtic World: History, Culture, and Musical Influence --- West Bank**

### **Chair Yoga**

Chair yoga is a safe and great way to get the wonderful health benefits of yoga while staying seated. Yoga is an excellent way to loosen and stretch painful muscles, reduce stress, and improve circulation.

### **Chess -Lakeshore**

Chess is a recreational and competitive board game played between two players. Chess is an abstract strategy game played on a square chessboard with 64 squares arranged in an eight-by-eight grid.

### **Chorus - Lakeshore**

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!!

### **Classics of American Literature**

Absorbing great American writing—— the classics—— is a unique way to understand the history of this country and to add to your own Personal estate of literary wealth.

### **Comic Strips Make Us Laugh!**

Share your favorite comic strip that you have on your frig - the one that you are sure was written just for you, your pet or your family member and join adiscussion about the daily events in our lives that make us laugh!!

### **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

### **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 – West Bank**

Demonstrations and discussion on all there is to learn aboutyour I Phone & I Pad.

### **Contemporary Dance – Lakeshore**

One year of dance required to join this class lead by a verytalented dancer. Learn great dance steps to classic songs.

### **Conversational Spanish**

You will learn basic Spanish phrases, greetings, farewells, pleasantries, and politeness. Learn some common question, and many other useful phrases.

### **Craft Workshop - Lakeshore**

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 - Lakeshore**

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 yam.

### **Cross Stitch - Lakeshore - Fall**

Fees paid to instructor for kits

Learn the art of cross stitch. Very knowledgeable instructor.

### **Cultivating Compassion: A Way Of Life-EB**

Book req'd - Boundless Compassion by Joyce Rupp.

Joyce Rupp gives you the words to develop compassion in yourself as never before and to reenergize your ability to offer loving kindness to those around you.

### **Crewel Embroidery- Lakeshore**

Embroidery with wool thread

### **Current Events - Both Campuses**

Each week there will be a discussion of what's happening the week before inthe 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.

### **Dance Movement**

Dance Movement refers to the actions of the dancers. These actions refer to any use of any muscle to create a visual display.

### **Dominoes - Lakeshore**

Have fun playing Chicken Foot dominoes!!

### **Drawing: Beginners – Lakeshore & West Bank**

Learning to draw using basic shapes. Supply list at 1<sup>st</sup> class

### **Drawing: Advanced-Lakeshore**

Learning advanced drawing techniques

### **Dreams-Lakeshore**

Exploration of the meaning of dreams and various ways of looking at them.

**Easing Stress with Music and Therapeutic Coloring: East Bank** Create relaxation by coloring and listening to wonderful music. Color pages will be provided; students will bring their own coloring tools.

### **Events That Changed The World Forever-West Bank**

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-Lakeshore**

Moving to great music to increase the heart rate and have fun. Cool down included.

### **Flash Dance - Lakeshore**

High energy aerobic workout with dance steps.

### **French Conversation: Intermediate & Advanced – West Bank**

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

### **French: Beg/Adv Beg- West Bank**

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

### **Fun With Acrylics – West Bank**

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

### **Fun with Guitar**

Improve guitar skills. No beginners.

### **Games - Lakeshore**

Available games are Scattergories, Yahtzee, Bananagrams, Parchessi, Battleship, Pictionary.

### **Genealogy DNA: Intermediate – Lakeshore**

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- Lakeshore**

Must have had Genealogy Basics or have been building a family tree using Ancestry.com or equivalent.

**Getting to Know Your iPhone/iPad: East Bank** This class is a discovery of many useful functions of the iPhone and iPad. We will cover things like adding and changing contacts, personalizing your device, adding email, and many others. If you wanted to use your phone for more than just calling and texting, this is your opportunity to see how.

### **Good Girls, Bad Girls Part 2 - Lakeshore**

The next 6 characters will be covered this semester. Not necessary to have had part 1. Students must have a text try to buy at second hand book store.

### **Google Play Lakeshore**

Learning and using free Google Apps

### **Growing Orchids-Lakeshore**

Learn the correct way to grow all varieties of orchids from a seasoned member of the Orchid Society.



### **Guided and Self-Meditation- West Bank and Lakeshore**

Awaken Your Inner Healer

Learn to manage pain, eliminate fears and phobias, change unwanted behaviors and heal relationships.

### **Gumbo Pot - Lakeshore**

Little bit of this, little bit of that!! A different subject each week- from speakers to crafts and surprises in between.

### **Hand Building Ceramics - Lakeshore**

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

### **Hand Quilting: Beginners -Lakeshore**

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

### **Healthy Longevity- Lakeshore**

Topics include:

Seizure management, nose bleed, medication administration (adverse reactions, available forms, interactions patient teaching), breathing problems, choking in adults, allergic reactions, heart attack, stroke, seizure, wounds and bleeding that you can and can't see, burns and electrical injuries.

Other important discussions: Normal aging process Understanding arthritis Understanding autism

Understanding cardiovascular accidents Understanding dementia CPR

Taught by Ruby Jones, RN

**Historical Fiction of the Civil War: East Bank** Learn facts about the Civil War by reading the novel: Shiloh by Shelby Foote (Book required)

**Historical Fiction of the Civil War: East Bank** Discuss Civil War History while reading the novel: The Killer Angels by Michael Sharra. (Book Required.)

### **History & Culture Of New Orleans – West Bank**

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

### **History Of Treme - Lakeshore**

Al Jackson tells lots of great stories about this historic place through art, music and videos.

### **How Money Works - Lakeshore**

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.

**Human Anatomy and Physiology** 2 semesters to complete. The topics covered will be in this order however:

- Tissues
- Digestive system
- Nutrition
- Skeletal system
- Muscular system
- Integumentary system
- Cardiovascular system
- Nervous system
- The Senses
- Urinary (Excretory) system
- Lymphatic system
- Respiratory system
- Endocrine system
- Reproductive system

**Intermediate Art Workshop: Level 1: East Bank** 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 Art Workshop: Level 3: East Bank** Come learn about, explore into, and take on challenges of the art movements of the 20<sup>th</sup> century.

### **Intermediate Art Workshop: Tips & Techniques - Lakeshore**

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 Chess - Lakeshore**

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 - Lakeshore**

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

### **Intermediate French – West Bank**

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

### **Intro To Art Journaling- Lakeshore**

Do you....

....keep a personal written diary?

....want to visually organize your life?

....record events in your life in scrapbooks?

...need to keep track of the techniques you use in creating art?

If you answered "yes" to any of the above questions, then art journaling is for you. Come learn about the various types of art journals and ways to creatively express yourself.

NO PRIOR ART TRAINING REQUIRED!

**Introduction to Mindfulness Meditation: East Bank** 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

### **Introduction to the Old Testament**

This course will orient the student to basics of the Old Testament: the books in categories according to content, the formation process of this Testament, some major themes consistent throughout the text, and

guides for interpretation.

### **Introduction To Social Media - Lakeshore**

Learn the basics to different social media platforms.

### **Introductory French – West Bank**

Beginning French conversation. Book Fee.

### **Italian Conversation: Beg/ Adv. Beg- West Bank**

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

**It's All About Collage: East Bank** Come and learn all that you never knew about the beautiful art of collage. You may be surprised!

### **Jazz Dance -Lakeshore**

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 - Lakeshore**

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

### **Just Mercy: A Story of Justice and Redemption**

A discussion of Bryan Stevenson's Memoir

### **Kindness Matters**

Dr. Kelli Harding's book: The Rabbit Effect-Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness

### **Knitting: Beg/Adv. -Lakeshore**

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

### **Late Breaking Health Topics -Both Campuses**

Join us for interactive discussions on hot topics of adult health. Led by two doctoral students from Tulane University School of Medicine. Open

forum style of discussion aiming to answer questions on adult and aging related health.

### **Learn to Read Music**

Learn to Read Music is an introductory music class. Class members will learn the names of notes in the musical alphabet, musical symbols, note values, rhythm and tempo, and time signatures. Designed to prepare students to use musical knowledge in singing and/or playing instruments. We will also compose a simple piece of music based on what we have learned. Activities are hands-on and class participation, rather than lecture format.

### **Let's Take Photos**

Taking photos with your cellphone or camera, and returning to the classroom to critique your work.

### **Line Dancing: Interm- Both Campuses**

Learn all the newest popular dances with a great teacher.

### **Machine Quilting - Lakeshore**

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 Jongg: 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.

### **Mah Jong: Intermediate - EB**

Players with basic knowledge of the game welcomed.

### **Managing Your Health**

### **Meditation**

Teaching you how to use the power of your mind (sub-consciousness).

**Meditation on Monarch Butterflies: East bank** The Monarch Butterfly is beautiful and very sophisticated artisan of change. How does she do it? How can we support her journey north? We learn; we meditate.

### **Memoirs: Writing Life's Stories- Lakeshore**

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

### **Microsoft Word West Bank**

An introduction is designed to familiarize students with terminology, screen components and the most commonly used functions offered by Microsoft Word.

### **Mind, Body, Spirit I and II- both campuses**

Techniques will be taught to get you in touch with the connection between our mind, our body and our Spirit. Quieting our mind helps us to get in touch with what is going on in our bodies and also helps us to listen to our Spirit. Calming techniques such as deep breathing, meditation and progressive muscle relaxation will be taught, and alternative/complementary healing modalities will be explored which are based on Eastern medicinal practices.

History of healing since biblical times will then be studied extensively, with emphasis on the prayer form known as the laying on of hands.

### **Mixed Media Workshop**

Is a combination of backgrounds, layers, embellishments, watercolors, acrylics, water-soluble oils sticks, pastels, and inks on your choice of substrate.

**Modern Dance: East Bank** The Modern Dance of Alm Ailey is unique and full of great warm-up exercises. (20 min.) and dance choreography that will make you feel good. (30 min.) Each week we will try different dance moves to various musical art forms.

### **Modern Jazz Dance- Lakeshore**

This type of dance incorporates unique moves, leaps, turns and imaginative improvisation to jazz music.

### **Modern Mystics: Thomas, Richard, Joan, Thea, Dorothy & You – Lakeshore**

Explore characteristics that make one a mystic. Will introduce the named

mystics and perhaps if tie, other modern mystics. We will learn details of their lives, their unique perspectives and their contribution to specifically Christian mysticism.

### **Mosaic Tile & Cement Creations - Lakeshore**

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

**Mosaics and Tile Creations: East Bank** Using mosaic tiles to create art. Supplies provided by students but teacher will guide you in what is needed. Bring your creativity.

### **Movie Time**

Movie watching from some of the most famous classic, then adding some of the modern movies that are out in theaters. Sit back, relax, and enjoy

### **Music Appreciation – West Bank**

Listen to classic music of all kinds.

### **Needlepoint - Lakeshore**

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- Lakeshore**

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!

### **Oil Painting: Beginners-Both Campuses**

An introduction to oil paints and composition.

### **Old Testament: Numbers and Deuteronomy**

Continuing previous semesters' study of the books of the Pentateuch, our final consideration will be the last two books of this section, namely, Numbers and Deuteronomy. These will be studied in the context of the journey of the people of Israel becoming God's chosen ones by covenant with the One God, as well as their relationship to the other books of the Pentateuch. Students will be given helpful hints on

how to read these two books and the Hebrew Scripture as a whole.

**Painting Live Models: East Bank** Learn how to draw and paint live portraits as we critique each other's work. Students will volunteer to pose as others paint. (Models not restricted to in class students.) Focus will be placed on neck, shoulders, head, and part of the upper chest. Students required to have experience in drawing and pastels.

**Paper Pottery-Lakeshore - Summer (must take both days to finish project)** 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 Beginning and Advanced-Both Campuses**

Painting portraits, still life and landscapes in pastels.

**Pen & Ink and Watercolors- West Bank**

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

**Perspective Drawing – West Bank**

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.

**Pickleball: West Bank** Description: A fun sport that combines many elements of tennis, badminton, and ping pong

**Plastic Canvas Stitchery**

Use yarn and a plastic grid to make 3D projects.

**Poetry – Lakeshore**

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

**Proven: Documentary Series**

A documentary series, healing breakthroughs backed by science

**Reading & Playing Music - Lakeshore**



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

### **Richard Simmons Video Workout - Lakeshore**

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

### **Scrabble - Lakeshore**

Enjoy this popular board game and work out your brain.

**See It and Say It: East Bank** Bring ideas, problems, complaints and praises regarding your neighborhood and or city and state. We will meet and talk about effective ways of communicating to those who can make a change. We can learn how to be effective “influencers”.

### **Sit And Be Fit - Lakeshore**

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.

### **Sewing Support-Lakeshore**

All sewing levels; all sewing projects welcomed

### **Short Fiction**

### **Social Media - Lakeshore**

Explore several social media programs, such as Facebook, Instagram and Twitter.

**Spotlight on New Orleans: East Bank** Enjoy the history, culture and popular areas of New Orleans by watching the renown WYES videos that showcase our beloved city.

### **Stained Glass -West Bank & Lakeshore**

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 - Lakeshore**

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

### **Strength Training - Lakeshore**

Participants will improve strength, balance and flexibility.

### **Stretch For Health & Fitness - Lakeshore**

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 – West Bank**

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

### **Tap Dance: Beginners - Lakeshore**

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

### **Tap Dance: Intermediate - Lakeshore**

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

### **Tell It Like It Is –Lakeshore**

**Reading, writing and discussing various topics and books**

**Tell It Like It Is: American Poets --- East Bank** Reading, Writing, Discussion

### **The Pillars Of The Earth - Lakeshore**

The Pillars of the Earth is a historical novel by Welsh author Ken Follett published in 1989 about the building of a cathedral in the fictional town of Kingsbridge, England. Book by Ken Follett is req'd.

### **Thirty Noteworthy Movies: A Critique-Lakeshore**

A critical review of 30 noteworthy movies. We will concentrate on important scenes, the actors, the cinematography, the themes and the plot of each film. We will also cover the background and context of each film. Two movies per class.

### **Tone & Strength with Weights: West Bank**

Description: Ways to improve your strength, balance & flexibility

### **Toni Morrison: Four Books - Lakeshore**

This class is a forum for exploring cultures of reading. How do writers read, and how does their reading shape their choices in the production of fictions? All participants are expected to share questions and insights generated by reading four books. All participants have "shared authority" in determining why reading matters.

### **Turning Points In Modern History Session 1**

Historical Events in Modern History starting from 1433- 1839. The 1st 30 minutes is a lecture, followed by class discussion. And this is the 1st of a two session.

### **Turning Points In Modern History Session 2**

Historical Events in Modern History continuing from 1839-2004. The 1st 30 minutes is a lecture, followed by class discussion. And this is the last session of this class.

### **Ukrainian Egg Design - Lakeshore**

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 reappear. After the final color has set, wax is rubbed off and a glaze is applied. Make beautiful, one of a kind Easter eggs !

### **Upwords - Lakeshore**

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

### **Violin: Beginners and Intermediate - EB**

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

### **Walk Fit Workout- EB**

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 - Lakeshore & West Bank**

The purpose of this class is to help students understand and apply the principles and techniques of watercolor. It is hoped that everyone will

"fallin love" with the value of the color wheel.

**Where the Crawdads Sing: East Bank** Read and discuss the novel by Delia Owens.

### **Wine 101**

Whether you're just getting started with wine or work in the industry, this class will round out your wine knowledge. Learn how to pick out flavors in wine and identify pesky wine faults.

**Wines of the New World: East Bank** Students will explore the major regions, wines and styles of "New World" wine countries. These include, The US, Argentina, S. Africa, Australia, and New Zealand. Students will leave class with a better understanding of the wine styles they like and will feel more confident ordering wine in various places.

**Wine 201: Wines of the New World: East Bank** Students will explore the major regions, wines and styles of the "Old World". These include France, Italy, Spain, Portugal, Germany, Austria, Greece and Slovenia. Students will leave class with a better understanding of the wine styles they like and feel more confident ordering wine in various places.

### **Wisdom Jesus**

This course is for seekers, members of an organized religion or not, who desire new aspects of what it means to follow a spiritual path--the wisdom path. The course begins with a look at the "Wisdom Tradition" or "Sofia perennis", the headwaters from which Jesus, the master wisdom teacher emerged.

We will follow a book discussion format (no presentations). Our text is Wisdom Jesus, Cynthia Bourgeault, and students will read and more importantly ponder each chapter, bringing to class insights, questions, and further interest piqued by that chapter's content.

It is recommended that students investigate used book sellers from which to purchase their text.

### **Women in the Bible: West Bank**

### **Writer: Faulkner and Wright**

Exploration into the work of William Faulkner and Richard Wright

### **Writing and Marketing Short Story Fiction- Part Two:**

This course is a continuation of "Writing and Marketing Short Story Fiction" which was taught last spring. We will continue to explore the definition of a "short story" and the genres that use its format; the skills

and tools needed to create a marketable fiction story; the markets available for publishing short fiction and the submission processes used. To register for this course you have taken the first half or are already published

**Writing and Marketing Short Fiction: East Bank** We will explore the definition of a "short story" and the genres that use its format; the skills and tools needed to create a marketable fiction story; the markets available for publishing short fiction and the submission processes used.

**Wood Turning - Lakeshore**

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 – West Bank**

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