

Lakeshore Classes – Fall 2022

MONDAY

African Drumming -- Feel the Rhythm -- Feed your Brain! -- Monday 2:00 to 2:55 -- (Dr. Penny Roberts)	Monday
Exercise to 60's Music -- Monday 2:00 to 2:55 -- (Chris Carroll)	Monday
Ceramics -- Monday 1:00 to 3:00 -- (Kaliecia Smith)	Monday
Walk Fit -- Monday 1:00 to 1:55 -- (Michaele Lux & Susan Sievers)	Monday
Advanced Pastel Portrait (No Beginners) -- Monday 12:30 to 1:30 -- (Juliana Saputo)	Monday
Memoirs -- Writing Life Stories -- Monday 12:15 to 1:30 -- (Cecilia Darteze)	Monday
Law of Attraction / What You Think is What You Get -- Monday 12:00 to 12:55 -- (Elaine Roark)	Monday
Bible -- Mary Magdalene -- Monday 12:00 to 12:55 -- (Ann Sayas -- attending virtually)	Monday
Walk with Weights -- Monday 12:00 to 12:55 -- (Pat Jacobs)	Monday
Intermediate Art W. S. 3 -- Monday 11:00 to 12:55 -- (Saundra Dymond)	Monday
Painting Live Models -- Monday 11:00 to 12:25 -- (Juliana Saputo)	Monday
What's New and True in Healthy Aging -- Monday 11:00 to 11:55 -- (Marlene Friis, PhD Student)	Monday
Tap Dance (Intermediate) -- Monday 11:00 to 11:55 -- (Patricia Ravain)	Monday
Wood Turning -- Monday 11:00 to 11:55 -- (Dennis Wall)	Monday
How Money Works -- Monday 11:00 to 11:55 -- (Mark Schluter)	Monday
Current Events -- Monday 11:00 to 11:55 -- (Lee Crean)	Monday
Dominoes -- Monday 10:00 to 11:55 -- (Carol Bigelow)	Monday
Bible -- Beyond the Pentateuch (Joshua, Judges & Ruth) -- Monday 10:00 to 10:55 -- (Janine Beniger, CSJ)	Monday
Applied Yoga -- Monday 10:00 to 10:55 -- (Virginia Pluta) -- (bring mat)	Monday
Intermediate Art W. S.1 -- Monday 9:00 to 10:55 -- (Saundra Dymond)	Monday

TUESDAY

Canasta -- Tuesday 1:00 to 3:00 -- (Margie Fluitt)	Tuesday
Yoga -- Tuesday 1:00 to 2:30 -- (LaVerne Kappel)	Tuesday
Bead Weaving -- Tuesday 12:30 to 2:30 -- (Joan Demers)	Tuesday
Mosaics & Cement Creations -- Tuesday 12:00 to 2:55 -- (Liz Pagani)	Tuesday
Mind, Body & Spirit (Part 2) (must have completed Part 1) -- Tuesday 12:00 to 12:55 -- (Kathy Anzelmo -- attending virtually)	Tuesday
Strength Training -- Tuesday 12:00 to 12:55 -- (Geraldine Winand)	Tuesday
Barre Ballet -- Tuesday 12:00 to 12:55 -- (Monica Robinson)	Tuesday
Mind, Body & Spirit (Part 1) -- Tuesday 11:00 to 11:55 -- (Kathy Anzelmo -- attending virtually)	Tuesday
Jazz Dance -- Tuesday 11:00 to 11:55 -- (Laura Guerin-Hebert)	Tuesday
Nutrition Against Illness and Disease -- Tuesday 11:00 to 11:55 -- (Gloria Beverly)	Tuesday
Collage II (must have taken Collage I) -- Tuesday 10:00 to 11:55 -- (Saundra Dymond)	Tuesday
Mah Jongg (All Levels) -- Tuesday 10:00 to 11:55 -- (Diane Schleifstein)	Tuesday
UpWords (Board Game) -- Tuesday 10:00 to 11:55 -- (Claire Wilson)	Tuesday
Crochet (Size H Crochet Hook) -- Tuesday 10:00 to 11:55 -- (Charlotte Olsonoski)	Tuesday
Stretch -- Tuesday 10:00 to 10:55 -- (Laura Guerin-Hebert)	Tuesday
Dance Movement -- Tuesday 10:00 to 10:55 -- (Brant Broom)	Tuesday
Plants Natural History -- Tuesday 10:00 to 10:55 -- (Kathy Anzelmo -- attending virtually)	Tuesday
Ukrainian Egg Design -- Tuesday 9:00 to 10:55 -- (Sara Fanelli)	Tuesday
Strength, Flex & ROM -- Tuesday 9:00 to 9:55 -- (Janis Rozelle)	Tuesday

WEDNESDAY

Hand Quilting -- Wednesday 1:00 to 2:55 -- (Mary Benenate)	Wednesday
Tell It Like It Is: American Poets -- Wednesday 1:00 to 2:55 -- (Darlene Martin)	Wednesday
Mah Jongg -- Wednesday 1:00 to 2:45 -- (No Beginners)(Independent Work)	Wednesday
Dance Like Nobody Is Watching! -- Wednesday 1:00 to 1:55 -- (Yasemin Aksoy)	Wednesday
Stained Glass -- Wednesday 12:15 to 2:55 -- (Caryl Branch)	Wednesday
Pastel Painting Workshop -- Wednesday 12:00 to 1:55 -- (Edward Dalferes)	Wednesday
Writing and Marketing Short Stories -- Wednesday 12:00 to 12:55 -- (Pam Ebel)	Wednesday
Brush up on your French! -- Wednesday 12:00 to 12:55 -- (Linda Castoriano) -- (**Beginner & Intermediate)	Wednesday
Flash Dance -- Wednesday 12:00 to 12:55 -- (Patricia Ravain)	Wednesday
Poetry Seminar -- Wednesday 11:00 to 11:55 -- (Ellen Kocher & Kay Lopez)	Wednesday
Tap Dance (Advanced) -- Wednesday 11:00 to 11:55 -- (Patricia Ravain)	Wednesday
Introduction to Mindfulness Meditation -- Wednesday 11:00 to 11:55 -- (Jaime Nino attending virtually)	Wednesday
Chess -- Wednesday 10:00 to 11:55 -- (Fred Schwab)	Wednesday
Seasonal Paper Flowers Galore! -- Wednesday 10:00 to 10:55 -- (Roxanna Hutchison)	Wednesday
Historical Fiction of the Civil War -- Book: The Killer Angels -- Wednesday 10:00 to 10:55 -- (Ken Scarbrough)	Wednesday
Walk Fit -- Wednesday 10:00 to 10:55 -- (Charlene Berry)	Wednesday
Watercolor Studio (Intermediate) -- Wednesday 9:00 to 11:00 -- (Ideas/Tips Shared Among Students)	Wednesday
Yoga -- Wednesday 9:00 to 9:55 -- (LaVerne Kappel)	Wednesday

THURSDAY

Getting to Know your iPhone/iPad -- Thursday 1:30 to 2:30 -- (Cindy LoCicero)	Thursday
Machine Quilting (Advanced) -- Thursday 1:00 to 2:55 -- (Anne Bergin, CSJ)	Thursday
Craft Workshop -- Thursday 1:00 to 2:30 -- (Laura Guerin-Hebert)	Thursday
Fun with Guitar (no beginners) -- Thursday 1:00 to 1:55 -- (Keith Ibos)	Thursday
Table Tennis -- Thursday 12:00 to 2:55 -- (Fred Schwab)	Thursday
Google Play -- Thursday 12:00 to 1:30 -- (Carol Mitchell) -- (must have G-mail)	Thursday
Needlepoint -- Thursday 12:00 to 12:55 -- (Jerry Talbot)	Thursday
Tap Dance (Beginner) -- Thursday 12:00 to 12:55 -- (Brant Broom)	Thursday
Oil Painting (All Levels) -- Thursday 11:00 to 12:55 -- (Erwin Methe, Jr.)	Thursday
Machine Quilting (Beginning) -- Thursday 11:00am to 12:55pm -- (Anne Bergin, CSJ)	Thursday
Violin (Beginner) -- Thursday 11:00 to 11:55 -- (Gus Beniger)	Thursday
Jazz Dance -- Thursday 11:00 to 11:55 -- (Laura Guerin-Hebert)	Thursday
Computers (Intermediate) -- Thursday 10:30 to 11:55 -- (Joseph Ridolfo)	Thursday
Brazilian Embroidery -- Thursday 10:30 to 11:25 -- (Jerry Talbot)	Thursday
Scrabble -- Thursday 10:00 to 11:55 -- (Patti Arnold)	Thursday
Acrylic Painting -- Thursday 10:00 to 11:55 -- (Dianne Foster)	Thursday
Violin (Intermediate) -- Thursday 10:00 to 10:55 -- (Gus Beniger)	Thursday
Stretch -- Thursday 10:00 to 10:55 -- (Laura Guerin-Hebert)	Thursday
Sewing Support -- Thursday 9:00 to 10:55 -- (Susan Clay)	Thursday
Drawing (All Levels) -- Thursday 9:00 to 10:55 -- (Erwin Methe, Jr.)	Thursday
Chair Yoga -- Thursday 9:00 to 9:55 -- (Virginia Pluta)	Thursday
Strength, Flex & ROM -- Thursday 9:00 to 9:55 -- (Janis Rozelle)	Thursday
Crewel & Cross Stitch -- Thursday 8:30 to 9:25 -- (Jerry Talbot)	Thursday