

Course Catalog – Spring 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.

13 - A Card Game

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

All About Wine

Week 1: What is wine exactly?

Week 2: 9 primary styles of wine

Week 3: Common types of wine

Week 4: Old World vs. New World wines

Week 5: How to read a wine label and pair wine

Week 6: How to taste and serve wine

Acrylics: Adv. Beg/Intermediate

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

Access to Virtual Classes

Student will have computer access to explore their interest.

Acrylics: Adv. Beg/Intermediate

Acrylic painting techniques are different styles of manipulating, and working with polymer-based acrylic paints. You will learn 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

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...

Ancient Aliens

Using videos of the TV series, Ancient Aliens, brings discussion about the possibilities and/or reality of how and where we came from.

Applied Yoga

Applied yoga anatomy addresses pain in the body by improving the use of your muscles function.

Armchair Exercise

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:

The Study of the history of art in western civilization.

Art Workshop: Intermediate & Adv.

Oil painting only - Students work independently

Barre Ballet

Classical ballet using a barre for support

Basic Orchid Growing

Learning the basics of Orchid 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

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

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.

Bead Weaving

Bead weaving is a beadwork technique in which seed beads are woven together using thread to create a flat "fabric" or a three-dimensional shape such as a ball, clasp or tube. You can bead weave an entire piece of jewelry, or weave a component to use as part of a project. Learn this beautiful technique of

weaving designs with beads.

Beginners Knitting

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

The art of drawing from John Maggiorre.

Beginning Oil Painting

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

Beginning Sewing

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

Beginning Violin

In this course, students are presented with the fundamentals of playing the violin and are introduced to basic music theory and the performance of simple but

increasingly challenging exercises and melodies. Students must have a violin; the ability to read music will be helpful but no prior experience is required.

Beginning Ukulele

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

Being Smart About Your Smart Phone

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.

Bible Overview- From Tree To Tree

Have you ever wanted to open your Bible and understand where you are in God's story? Do you want to know how every book fits together in God's great plan?

Come along as we learn Understanding The Bible overview- including a map you can memorize to teach others the storyline of the old and new testaments. Taught using 30 Days To Understanding the Bible by Max Anders.

This class will be taught from a Christian perspective but not from a denominational perspective.

Bid Whist Card Game

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

Body Groove

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 Book Club

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

Book Club – With Cindy Ruel Fall 2021

Carol Denman divorced her husband over twenty years ago and has never looked back. But on the day before their daughter's thirtieth birthday, John barges back into Carol's life with a request that threatens the fragile stability she has built.

John Bowman is sick. Very sick. While he still can, he has some amends to make and some promises to fulfill. But to do that, he not only needs his ex-wife's agreement...he needs *her*.

With the past hovering between them like a ghost, Carol and John embark on a decades-overdue road trip. Together they plunge back into a life without water...but which may ultimately set them free.

Brazilian Embroidery

Fees paid to instructor for kits.

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

Bridge: Beginners/Adv Beg.

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

Bridge: Intermediate West Bank

Intermediate students will deal & play.

All students must know bridge conventions and use bid boxes.

Brushless Painting

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

Calligraphy

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

Canasta: Beginners

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 create 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 Tuti.

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. Gentle yoga using the chair, this class is designed for those who need that little extra help.

Chess

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

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 a discussion about the daily events in our lives that make us laugh!!

Computer Basics

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

E-mail and Internet

Must have a working home computer

Prerequisite: Computer Basics

No Apple/Mac Fee \$10

Computers: I Pads & I Phones

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

Contemporary Dance

One year of dance required to join this class lead by a very talented 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

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

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

Learn basic stitches, granny squares or maybe even an afghan. Bring an H Hook and any yam.

Cross Stitch

Fees pd to instructor for kits

Learn the art of cross stitch. Very knowledgeable instructor.

Cultivating Compassion: A Way Of Life

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

Embroidery with wool thread

Current Events

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.

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

Have fun playing Chicken Foot dominoes!!

Drawing: Beginners

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

Drawing: Advanced

Learning advanced drawing techniques

Dreams

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

Events That Changed The World Forever

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

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

Exercise your Brain

Different exercise and games to challenge your brain.

A few examples are: Crossword Puzzles, Word Search, & Jigsaw Puzzles.

Flash Dance

High energy aerobic workout with dance steps.

French Conversation: Intermediate & Advanced

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

French: Beg/Adv Beg

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

Fun With Acrylics

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

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

Genealogy DNA: Intermediate

Must have results from a DNA test (preferably Ancestry.com). Family trees will be built using DNA information and matches.

Genealogy Using Computers: Basics –

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

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

Good Girls, Bad Girls Part 2

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

Learning and using free Google Apps

Growing Orchids

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

Guided and Self-Meditation- Awaken Your Inner Healer

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

Gumbo Pot

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

Hand Building Ceramics

Students will create objects in clay before painting and firing.

Glazing & firing fees of \$30 to be paid at registration.

Hand Quilting: Beginners

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

Having Fun with Orchids

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

Healthy Longevity

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

History & Culture Of New Orleans

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

History Of Treme

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

How Money Works

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: Tips & Techniques

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

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

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

Intermediate French

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

Intermediate Violin

This course aims to expand the experienced student's playing skills and knowledge of music theory through the performance of exercises, melodies and classroom discussion. Students must have a violin, be able to read music and differentiate between musical tones.

Intro To Art Journaling

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 artjournals and ways to creatively express yourself.

NO PRIOR ART TRAINING REQUIRED!

Introduction To Computers

Learning to perform four basic operations --- input, process, output, and storage.

Introduction To Social Media

Learn the basics to different social media platforms.

Introductory French

Beginning French conversation. Book Fee.

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.

Intro to Mindfulness Meditation

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, better sleep, lower stress, higher attention and chronic pain reduction among many others.

Italian Conversation: Beg/ Adv. Beg

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

Italian Culture

Learning Italian Culture through history and language.

Jazz Dance

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

Jewelry Making

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

Jin Shin Jyutsu

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.

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

Late Breaking Health Topics

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.

Language Lab

Students have access to computer lab for language classes. Ex. Rosetta Stone & Fluenz.

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.

Life of Birds

Discussions concerning the care, and feeding of Birds

Line Dancing: Interm

Learn all the newest popular dances with a great teacher.

Machine Quilting

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

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

Players with basic knowledge of the game welcomed.

Meditation

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

Meditation to Awaken Your Inner Healing

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

Memoirs: Writing Life's Stories

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

Microsoft Word

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

Mind, Body, & Spirit

The benefits of healthy aging

Mind, Body, Spirit I and II

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 Jazz Dance

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

Modern Mystics: Thomas, Richard, Joan, Thea, Dorothy & You

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

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

Listen to classic music of all kinds.

Needlepoint

Needlepoint can be compared to creating a painting only you do it with yam. 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

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

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.

Paper Pottery

(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

Painting portraits, still life and landscapes in pastels.

Pen & Ink and Watercolors

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

Perspective Drawing

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

Piano

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

Plastic Canvas Stitchery

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

Poetry

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

Poetry For Difficult Times

The course will offer the opportunity to listen to poetry that speaks to the difficult, challenging, incendiary and transformative times that we are living. Included will be new poets such as Pulitzer Prize winner, Dillard graduate Jerico Brown, old favorites such as Maya Angelou and Langston Hughes. Sometimes the poet will read; sometimes we will read the poems. We will discuss the poems and share our experiences that relate to the poems.

Proven: Documentary Series

A documentary series, healing breakthroughs backed by science

Reading & Playing Music

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

Richard Simmons Video Workout

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

Scrabble

Enjoy this popular board game and work out your brain.

Sign Language

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

Sit And Be Fit

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

All sewing levels; all sewing projects welcomed

Short Fiction

Book Required. We will discuss one short story each week from The Norton Anthology of Short Fiction (Shorter 6th Edition 2000) (ISBN 0393975096). *Abe Books* has used copies for about \$5 plus tax. Web site is <http://www.abebooks.com/servlet/BookDetails>.

Social Media

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

Stained Glass

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

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

Strength Training

Participants will improve strength, balance and flexibility.

Stretch For Health & Fitness

Participants will learn proper alignment for stretching and practice A variety of exercises promoting strength and flexibility.

Bring a mat.

Table Tennis

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

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

Tap Dance: Beginners

First 30 minutes of the class will be devoted to teaching basic tap steps to true beginners. Tap Dance: Intermediate - Lakeshore - Fall

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

Talk Circle

Peer Support and Meditation

Tell It Like It Is

Reading, writing and discussing various topics and books

The Pillars Of The Earth

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

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.

Toni Morrison: Four Books

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

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

Upwords

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

Violin: Beginners and Intermediate

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

Virtual Scheduling

Students have access in the computer Lab to take classes on-line

Walk Fit Workout

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!

Walk with Weights

Proper workout techniques while walking and using weights.

Watercolor: Beginners

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.

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.

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.

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

Wood Turning

Using a portable lathe, students will create a variety of projects, including light pulls, small bowls, pens, etc.

Yoga

Hatha yoga is a series of breathing techniques and physical postures designed to center and calm the mind and body.

Zentangling Art

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