

HAMMOND STREET SENIOR CENTER

WINTER SEMESTER 2011

Computers

Introduction to Computers

Day: Friday **Time:** 1:00—2:00 p.m.

Instructor: Adam Williams **Fee:** \$25

This is a slow-paced, beginner's level introductory class designed to teach the very basics of word processing, the Internet, and e-mail. This course will familiarize you with the computer and a few of its many uses including Microsoft Window.

E-bay Instruction

Day: Wednesday **Time:** 1:00—2:00 p.m.

Instructor: Laura Tasheiko **Fee:** \$25

Sell your artwork and crafts online. Learn to photograph your work and put it online. Share your work with and interactive journal or "blog", or learn how to open your own free "artist website".

Facebook for Beginners

Day: Thursday **Time:** 11:00—Noon

Instructor: Dave Winslow **Fee:** \$25

Learn about social networking and why you should join in. You will be instructed in how to protect your privacy and the history of Social Media.

HSSC

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Hammond Street Senior Center

Where the region's seniors come to learn, create, play, keep fit, make friends, and stay young

Registration for Winter Semester Begins Monday, December 5.

Registration is on a first come/first serve basis.

Classes must be paid for in advance before attending.

A class may be cancelled for lack of enough students

We accept cash, check, and credit cards.

HSSC offers Fun & Games & Shared Interests Groups

Super Cash Bingo: Friday at 1:00 p.m. \$5 minimum

Bridge: Tues. & Thurs. at 8:30 a.m. minimum of 4 to play

Cribbage: Mon. & Wed. at 1:00 p.m.

Poker: Tues. & Thurs. at 8:30 a.m.

History Hounds: History buffs wanted. Field trips & discussion & guest speakers.

Book Buddies: Join this treasured group for discussion of some great literary pieces. Suggestions are welcome. See staff to get involved.

Wellness

Healthy Lifestyle and Weight Loss

Day: Thursday

Time: 1:00—2:00 p.m.

Lead by Michelle Spencer & Cindy Lee

Fee: \$25 + \$10 book

In this 8 week class, we will recognize how our emotions play into our eating habits and figure out what we are really craving. We will discover what we can do to satisfy our inner hunger without over stuffing our bodies. Our main source of reference will be “Life is Hard, Food is Easy” by Linda Spangle, RN MA. Emotional support will be provided along with motivational tips to keep yourself on track even *AFTER* goals are met. A possible on-going interest group may develop at the end of the 8 week semester for further fellowship.

Religious Perspectives Discussion Group

Day: Friday

Time: 11:30—12:30

Instructor: Maury Landry

Fee: \$25

Gaining appreciation of a variety of religious and spiritual expressions is increasingly important in today's interdependent life. Participants will utilize historical, comparative, and other social scientific perspectives; and will decide the scope and direction of the class. Content may include the similarities and differences between religion and spirituality; how personality type and temperament affects our choice of religious/spiritual expressions; forms of Christianity; different forms of monotheism, different forms of world religions; and mystical themes present in most religious forms.

Wellness

Meditation and Stress Reduction

Day: Wednesday **Time:** 8:30—9:30 a.m.

11:00—Noon

Instructor: Maury Landry **Fee:** \$25

Medical research has proven the effectiveness of meditation in decreasing the long term effects of daily living stress. The sessions offered will be one half hour to forty-five minutes in length, with time for questions afterward. Participants explore the mindfulness tradition of Asian cultures, as well as the contemplative tradition of the Western culture. Postures will be adapted to the individual.

Reiki

Day: Thursday **Time:** 1:00—2:30 p.m.

Instructor: Lainie Beade **Fee:** \$50 for 8 weeks
or by the session

Discover hands on healing, stress relief, relaxation, and more. Reiki is the Universal Life Energy and with touch therapy encourages enhanced functioning of the bodies own ability to heal and restore balance. Receive treatment or learn to be a level I Reiki practitioner. Learn about the importance of healing stones, energy projection, herbal significance, and listen to soothing music during this one and half-hour class. All interested parties are encouraged to inquire.

Art

Oil Painting

Day: Monday **Time:** 10:00 a.m.—12:00 p.m.

Instructor: Kathy Clegg **Fee:** \$25

Open to all oil painters of all skill levels, this class will strengthen basic skills and encourage you to stretch in new directions. You will be able to enjoy painting with others and benefit from their experience as well as from the instructor.

Painting with Acrylics

Day: Monday **Time:** 1:00 p.m.—3:00 p.m.

Instructor: Kathy Clegg **Fee:** \$25

Acrylics are the most versatile of all paints. They can be used instead of watercolor, oil, or gouache, having many of their advantages and yet very few of their drawbacks. Acrylic is an exciting medium in its own right, with qualities and advantages that are unique. Acrylics are quick to dry which means color can be applied thickly to create various patterns and textures.

Open Art Studio

Fridays from 1-3 p.m.
Registered students only.
No fee.

Art

Watercolor

Day: Tuesday Time: 9:00 a.m.—11:00 a.m.

Instructor: Katie Miller Fee: \$25

Tap into your creative side and explore the joy of watercolor. Learn about various artists as you find inspiration for your own beautiful paintings. This class is designed for any skill level, from beginners to experienced artists.

Art Journaling

Day: Wednesday Time: 1:00 p.m.—3:00 p.m.

Instructor: Kathy Bernier Fee: \$25

This class allows you to take an old book, paint, tear, write and draw with many different materials and make it your very own, personal piece of artwork.

Basic Jewelry Making

Day: Tuesday Time: 1:00 p.m.— 3:00 p.m.

Instructor: Balenda Ganem Fee: \$25

Start making jewelry for yourself or gifts while learning basic jewelry design and construction. Create your own style, or refurbish old jewelry.

Health, Wellness, Fitness

Tai Chi For Health

Day: Wednesday Time: 2:00 and 3:00 p.m.

Instructor: Rev. Dr. Bruce M. Young Fee: \$25

Based on the *Tai Chi for Arthritis and Tai Chi for Fall Prevention* developed by Dr. Paul Lam, this course will provide a gently stretching and strengthening of joints, muscles, and tendons. When done properly, and with correct instruction, Tai Chi can provide protection to the joints, improve mobility, relieve pain and stiffness, and improve cardiovascular fitness. Some information on the history and tradition of this ancient and modern martial art will also be provided. Participants should wear loose fitting clothing and shoes with good support.

Note: *The first hour is designed for folks who have taken the class before and are looking for more advanced instruction. The new Tai Chi for Energy program will be introduced in this class. The second hour is for BEGINNING students.*

Qigone for Health and Happiness

Day: Wednesday Time: 12:45—1:45 p.m.

Instructor: Vernita Leins Fee: \$25

Students practice breathing, meditation, and visualization for opening the body's vitality centers. Incorporate healing sounds to release anxiety and tension, practice balance, establish communication between body and mind, using gentle body movements all enhance wellbeing.

Health, Wellness, Fitness

Zumba Cont.

Tango, Rumba, and Cha-Cha to name a few. Be sure to wear comfortable clothing and take water and a towel along with you to the party.

Yoga with Rollin

Day: Tuesday **Gentle/Beginner** **Time:** 8:30—9:30 a.m.

Cont. Yoga I **Time:** 10:00—11:00

Instructor: Rollin Stearns **Fee:** \$25

Yoga with Bonnie

Day: Thursday **Gentle/Beginner** **Time:** 9:00—10:00 a.m.

Cont. Yoga I **10:30—11:30**

Instructor: Dr. Bonnie Kline **Fee:** \$25

Anyone new to Yoga should begin with our gentle/beginners class. The breathing exercises are milder and no kneeling on the floor will be done. Being able to get up off of the carpeted floor on your own is desired but not required. Safety will be taught as will support techniques for postures and modifications will be shown.

Previous Yoga experience is advised for Yoga I. Use of the floor and balance exercises will be done with and without supports. This is considered more physical than Gentle Yoga. Deep relaxation methods are practiced in every class.

Art

Oil and Acrylic Painting

Day: Friday **Time:** 10:00 a.m.— 12

Instructor: Ed Paschal **Fee:** \$25

Build on your skills and learn new techniques as you work in your choice of acrylics or oil. Ed will assist you with improving your mastery of specific elements, such as sky or waves, or with developing your powers of observation and perspective.

Tole Painting

Day: Thursday **Time:** 10:00 a.m.— 12

Instructor: Faye Ivers **Fee:** \$15 plus supplies

Welcome to art class “101”. This class is only 4 weeks. No experience needed—You will learn as you go. Some of the techniques you will learn include side loading your brush, shadowing, highlighting, and more.

Basic Drawing

Day: Wednesday **Time:** 10:00 a.m.— 12

Instructor: Laura Tasheiko **Fee:** \$25

Explore the principles of Composition and Design while enhancing your drawing skills in graphi

Pottery

Beginner to Experience Potter

Day: Monday Times: 8:30—10:30

Instructor: Katie Miller Fee: \$25

Come join in on the experience of working with clay! Several basic handbuilding techniques will be taught and you are sure to find a method that suits your unique style. Specific instruction for those new to pottery and option of independent projects for students with experience.

Second Semester Pottery (Intermediate)

Day: Wednesday Time: 1:00—3:00p.m.

Instructor: Katie Miller Fee: \$25

This class is designed for those who have taken one or more pottery classes and would like to continue to develop their skills. Learn new handbuilding, glazing, texture, and decorating techniques. If you have caught the “clay bug”, this is the class for you!

OPEN POTTER STUDIO

Monday thru Friday for registered pottery students

Health, Wellness, Fitness

Aerobic WalkFit

Days: Tuesday & Thursday Time: 11:30—12:30 p.m.

Instructor: Michelle Spencer Fee: \$10 FC members

\$15 non-members

This class is designed to improve your cardiovascular fitness with a focus on fun and safety. The ten minute **warm up** begins with an introduction to the steps that are the core movements of the class. The **body of the class** is designed after marching in place, raising the heart rate to a safe aerobic capacity. Your body burns stored fat while doing a series of kicks, knee lifts, knee bends, and upper body movements that increase the level of intensity of the program. Weight bearing exercise such as this helps to preserve bone mass and also is effective at improving endurance and aiding in weight loss. A toning portion has been introduced also. The **cool down portion**, safely lowers your heart rate back down to your comfort zone and a slow, relaxing stretch is done to prevent muscle soreness and injury.

Zumba

Days: Monday and/or Friday Time: 11:00—11:45 a.m.

Instructor: Morita Tapley Fee: \$25 for 6 weeks

\$50 2 days/6weeks

Zumba Gold is designed with the 50+ individual in mind. You will get a safe and effective total body workout. And, still maintain a party atmosphere. The music uses dance rhythms from Cumbia, Salsa, Merengue,

Health, Wellness, Fitness

Strength and Balance

Days: Mon.—Wed.— Fri.

Times: 8:30—9:15 a.m.

9:45—10:30 a.m.

Instructor: Michelle Spencer

Fee: cost of membership

This is an optional class included with the fitness center membership. Class begins with a warm up that includes walking and stretching to prepare the muscles for resistance training. Members are encouraged to challenge themselves and exercises are staggered so that the class is progressive in nature and propels each participant forward in their fitness. A series of chair and standing exercises are performed, and a variety of weights are available for upper body strengthening while body weight squats and leg lifts are performed for strength and balance of the lower body. This total body workout ends with stretching of the muscles that have just been worked. This class improves posture, balance, muscle strength and prevents the boredom and repetitiveness of traditional exercise classes.

The Health and Wellbeing of all of our members is a primary concern of the Hammond Street Senior Center staff. We are committed to helping you achieve your fitness and lifestyle goals. Our certified Fitness Center staff can work with you to design just the right program to suit your unique needs and personality. You may surprise yourself and have FUN while strengthening your heart, preserving bone, lowering your cholesterol, managing your diabetes and reducing your falls risk. Let us help you train for Life!

Pottery

Sculptural Pottery

Day: Monday

Time: 2:00—4:00 p.m.

Instructor: Katie Miller

Fee: \$25

Explore the versatility of clay while using various techniques and tools to create beautiful hand sculpted artwork. No experience needed and basic instruction will be provided. Gather inspiration from Non-Western cultures and their unique clay sculptures.

Crafts & More

Kathy's Crafty Crew

Mondays 1:00—3:00 pm. NO FEE

Come learn new crafts from Kathy and our member/volunteer group. This group is for the true “crafter” who loves to create. This time will also be used to help make crafts to sell at Hammond Street Senior Center. Bring your own ideas to suggest to the group, donations of material and tools are always welcome.

Quilting Projects

Tuesdays 10:00 a.m. NO FEE

Quilting group participants volunteer their time to create quilted items. These items are later raffled off to support HSSC. Quilters of all skill levels are welcome, but request that you attend as regularly as possible.

Dance

Line Dance: Beginner and Intermediate

Day: Friday (Beginner) **Time:** 9:30—11:00 a.m.

Wednesday (Intermediate) **9:30— 11:00 a.m.**

Instructor: Chris Dispenzieri **Fee:** \$19

This class meets for 6 weeks. Line dancing is a great way to combine fitness and fun. Each week you will learn new steps. No partner is necessary. Beginner students will quickly learn why this form of dance is so popular while intermediate students will continue to build on the skills you have already learned.

Belly Dancing

Day: Tuesday **Time:** 9:00— 10:00 a.m.

Instructor: Christine Chou **Fee:** \$25

Middle Eastern dance is an excellent form of exercise which focuses on posture, alignment, and coordination. Develop core strength, grace, and confidence with movements that are body-friendly for any shape or size. Many students learn to appreciate their bodies as they are and through this dance, experience the power and beauty they can create.

Health, Wellness and Fitness

Hardcore Hula Hooping for Fitness

Day: Thursday **Time:** 2:00—3:00 p.m.

Instructor: Kelly Tingley **Fee:** \$40

If you missed the hooping workshop you are in luck! This class meets for 4 weeks, with a minimum of 5 students. Learn this full-body exercise that burns calories, strengthens your muscles and improves your coordination. Spinning a specially weighted hoop gets you moving, while actually twirling away the pounds.

Growing Stronger

Days: Tuesday & Thursday **Time:** 10:15—11:00 a.m.

Instructor: Pat Cole **Fee:** \$15 per month

This class is designed to improve balance and strength. We will utilize resistance tubing, hand-held weights, and our own body weight to develop muscle mass and better balance. All moves are completed either seated or standing behind a chair.

Fitness Center Hours

Day & Time:	Mon., Wed., & Fri.	8:15—1:00 p.m.
	Tues. & Thurs.	8:15—11:00 a.m.
Fee:	Single: \$20/month	
	Couple: \$25/month	