COMMUNITY ARTS CENTER OF CAMBRIA COUNTY

Log House News



"Many blessings and Mother Nature are on our side! The Community Arts Center has been fortunate to move full speed ahead with the M. Josephine Paul Family Museum. We have completed the exterior walls of the first floor, poured the second floor and foundation floor, and are partially completed with the second-floor exterior walls. It is our optimistic hope that we will be underroof in the near future. This two story, 5,500 square foot addition will extend from the current Goldhaber-Fend Fine Arts Center, adding the M. Josephine Paul Family Museum, a black box theatre, outdoor amphitheater, and a multipurpose room. For the progress of the Goldhaber-Fend Fine Arts Center renovations, the new carpeting has been 60% installed in the gallery, the HVAC system has been updated, and the lobby and hall have been freshly painted, with new dropped ceiling, gallery lighting, and the remainder of the gallery carpeting to be installed in April." -Angela R. Godin, Executive Director



March 21st, 6 PM

A celebration of good over evil and welcoming Spring, this festival includes: the Parade of Colors, Indian & American National Anthems, Dinner showcasing the Flavors of India & History of Holi with Neelam Malhotra, & Bollywood & Bharatanatyam Dancers. Visit caccc.org for tickets.

April 4th, 11 AM-2 PM

This event at Sunnehanna Country Club includes a Buffet Luncheon, Arts & Crafts Activities, Child Hair Station and Child Beauty Station. There will also be an American Girl Doll ear piercer. There are a variety of American Girl Doll vendors, including but not limited to: American Girl Doll food, clothing, accessories, and adult & child LuLaRoe. Visit caccc.org for tickets.

American Girl Doll Family-A-Fair

April 17th

Preview: 4:30 PM, Auction: 5:30 PM

The auction includes New Merchandise, Gift Baskets, Gift Cards, and Gift Certificates, along with Collectibles and Gently Used Items. All items are donated by Community Arts Center's members and friends, as well as businesses and business leaders. Currently, there are close to 90 miscellaneous gift cards and certificates from Cambria County businesses with more coming in every day! This is not your grandma's garage sale! Visit caccc.org for more information.



GREAT AMERICAN AUCTION

March 7—April 3, 2020

DIGITALLY PAINTED PHOTOMANIPULATIONS by Zone Patcher

Opening Reception

Saturday, March 7 1:00 to 3:00 P.M. Artist Talk at 2:00 P.M. Gallery Hours: Mon. - Fri. 10:00 A.M. - 5:00 P.M.

Sat. 10:00 A.M. - 3:00 P.M.









Registration for Workshops is due one week before class.



GARDENING WITH MASTER GARDENERS			
6 Mondays, See Dates Below 6:00—7:30 PM ★			
M: \$8 per class NM: \$13 per class MEMBER DEAL: All 6 for \$40	Class Limit: None		

Spring into warm weather with the Penn State Master Gardeners of Cambria County. Get tips and tricks to prep your garden for summer. Thanks to these knowledgeable gardeners for sharing their expertise with us!

March 23: ALPINE CREVICE GARDEN with Larry Coco Learn how to create an alpine crevice garden that mimics the growing environment of specialized plants that evolve, survive and thrive in rugged mountainous regions around the world.

March 30: DAHLIAS & OTHER SHOW-STOPPER FLOWERS with Carol Peretin and Ali Single Carol & Ali highlight the fabulous flowers that put the dazzle in our gardens and the smiles in our hearts. Be inspired to try these wonderful

April 6: CONTAINER GARDENING with Jane Litavish No space for a garden? No problem! Growing flowers, herbs and vegetables in containers is fun. Learn to use the correct containers, soil and plants

May 4: ROSE GARDENING with Deborah George These are not your grandmother's finicky roses! Roses offer colors, perfumes, forms and habits to suit every sunny garden situation. Learn to grow easy modern roses for your garden's condition.

May 11: SHADE GARDENING with Chris Gillin Learn your garden's shade environment, including light, soil and wind. Find plants beyond ferns & hostas that add color and texture all year

May 18: BUTTERFLY GARDENING with Barbara Rosenberg Butterfly garden design for native butterflies using native plants as caterpillar hosts and for nectar.

Check out our new class-rating system!

Crafters for Fun: Beginner: Intermediate: Advanced: **Professional for Professionals:**

M = Members

blooms in your garden!

NM = Non-Members

Registration is due by March 10, 2020

Register online at *caccc.org* or call us at 814.255.6515



Pre-Registration is REQUIRED!! Please register for our FREE workshops by visiting caccc.org

Thank you to the Community Foundation for the Alleghenies for funding these workshops through the Whole Person, Whole Community grant!

DLE person PROMOTING WELLNESS FOR ALL OF US AND ALL OF YOU

LIFE INSURANCE	Nicole Stormer
Tuesday, March 17 OR	6:00—7:30 PM
Saturday, March 21	10-11:30 AM
FREE	Class Limit: 10 ★

Life insurance can be very confusing. Nicole will explain options and help you understand which type of policy would be most helpful for your future.

NOT YOUR MAMA'S MOD PODGE		Jen Fultz
Wednesday, March 25 6:00—8:00 PM		
FREE	Class Limit: 30	*

This grant funded workshop is calling all crafters! Did you know Mod Podge has 15 formulas? Jen will demonstrate newer formulas & you will create a unique project. We will experience way more than easy decoupage!

ADULT THEATRE WORKSHOP		Angela R. Godin
Saturday, March 28	10:00 AM-	-12:00 PM
FREE	Class Limi	t: 30 *

This grant funded workshop for ages 16+ will provide a unique experience into the skills of characterization, establishing a back story, personal transformation, line delivery, and stage improvisation. By using life experience coupled with well-known scenes ,everyone gets a chance to transform themselves. The workshop will begin with improvisational games to establish an atmosphere of creative freedom.

YOUTH THEATRE WORKSHOP Angela R. Godin			odin
Saturday, March 28	12:30—2:3	0 PM	
FREE	Class Limi	t: 30	*

This grant funded workshop for ages 6-15 will engage kids in a unique experience to gain skills in similar formats as the adult workshop. See description above.

WOOD BURNING DEMONSTRATION

John Sinosky

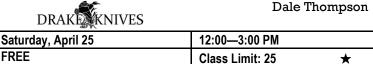
	JO1111 D11100	,
Wednesday, April 8	6:00—7:30 PM	
FREE	Class Limit: 15 ★	

In this grant funded workshop, John demonstrates techniques and equipment used to create artwork by burning wood (pyrography). He is an award winning pyrographer, artist and woodworker.

RETIREMENT PLANNIN	I G Nicole S	tormer
Tuesday, April 21	6:00—7:30 PM	
OR		
Saturday, April 25	10:00-11:30 AM	
FREE	Class Limit: 25	*

Retirement planning is easy to put off, but is so very important. Nicole will lead you through the process of creating a plan that works in the present and will give you income during your retirement years.

SPOON CARVING FROM GREEN WOOD



Dale demonstrates chopping a branch of green wood to make a spoon. Learn how to choose a branch, rough cut with an axe, design spoons, etc. This introduction is for those interested in woodcarving, survival living, scouts, and camping.



4 Wednesdays, March 18—April 8

6:30—7:30 PM

Join us in a new venture! We are developing a venue for artists, makers. creators, to spend time with other creative people. Each of the sessions will offer time to interact, Artist's Show & Tell, and an interesting art-based presentation by Barry Poglein with hands-on practice time.

There will be no charge for these meetings, but we do ask that you register to attend (drop-ins will still be welcomed).

Following are the topics for discussion each week:

Draw Anything in 45 Mintues – Gain an understanding of how we visually perceive our environment and the 3 approaches to communicating those perceptions to others.

See as an Artist Sees— Artists look at the world differently. That creative thought process allows us to recreate the things we see.

Perspective—Learn the historical development of perspective and how it changed art and architecture by changing how we view shapes.

Creative Lettering Build on 2-point perspective, draw 3-D block lettering and shadowing will be discussed as well as creating your own personalized font using consistency and legibility as guidelines.

SATURDAY KIDS WITH SYDNEY

BUGS AND BUTTERFLIES AND FLOWERS AND NATURE

Saturday, March 21			
Preschool (3-K)		10:30—11:30 AM	
Elementary (Gr 1-5)		12:00—1:30 PM	
M: \$8	NM: \$10	Class Limit: 10	*

What is spring without all the critters that crawl & fly? Sydney will create some of the cutest Spring projects with your kids!

HOPPING INTO EASTER

Saturday, April 4			
Preschool (3-K)		10:30—11:30 AM	
Elementary (Gr 1-5)		12:00—1:30 PM	
M: \$8	NM: \$10	Class Limit: 10	*

It's time for Peter Cottontail to hop down the bunny trail! You will NOT believe what Sydney has in store for your kids this weekend.

Check out our kids dance & fitness classes on page 7!





LWELCOME SPRING

Members Deal: \$40 for all 6 classes Ages 4-12

WITH LARA RICE

LUCKY ST PAT'S ART DAY			
Tuesday, March 17	4:30—5:30 PM		
M: \$8 NM: \$10	Class Limit: 10 ★		
Code word green for this day! The kids are lucky to be with Ms. Lara today!			

MARCH INTO SPRING

Tuesday, Mar	ch 24	4:30—5:30 PM
M: \$8	NM: \$10	Class Limit: 10
Lara will have the kids creating "all things spring" in this session		

LEAF IT TO THE TREES

Tuesday, March 31 4:30—5:30 PM			
M: \$8	NM: \$10	Class Limit: 10	*

Budding trees are a sure sign that spring has come. The kids will create some fun & funky trees.

KINDNESS ROCKS

Tuesday, April 7		4:30—5:30 PM	
M: \$8	NM: \$10	Class Limit: 10	*

Paint rocks and add kind words to put in unexpected places around town.

CHERRY BLOSSOM PAINTING

Tuesday, April 14		4:30—5:30 PM	
M: \$8	NM: \$10	Class Limit: 10	*

Paint a nice blue sky and the add pops of bright pink for cherry blossoms! You'll be amazed at what your kids paint this week!

MYSTERY FLOWERS

	<u> </u>		
Tuesday, April 21		4:30—5:30 PM	
M: \$8	NM: \$10	Class Limit: 10	*

The mystery of growing plants is increased by having no idea what you are growing! What else will Ms. Lara have for the kids? IT'S A MYSTERY!

The Community Arts Center takes your child's welfare seriously. All of our instructors and staff have their PA Clearances... even the ones that don't teach the children. We want to be a fun and safe place for all who come to us.

Kids Theatre 101	Matthew Price	
3 Thurs, March 19—April 2	6:30—7:30 PM	
M: \$21 NM: \$26	No Class Limit ★	

Kids grades 4-8 will practice theatre concepts, stage directions, improv games, and a skit performance on the final week. Matthew will have them doing crazy things that helps with self-expression.

CLAY & WHEEL THROWN POTTERY II

Marian Lech

6 Mondays, Mar 16 — April 20		6:00 - 8:00 PM	
M: \$68 + fee	NM: \$73 + fee	Class Limit: 7	***

For our intermediate pottery class, students must meet Pottery I goals & have skills to center clay and pull 6" cylinders. This class allows project options such as: lidded jars, handles for mugs/bowls, finishing techniques, and student requests. Individuals more serious about pursuing a hobby in pottery should consider this class! Handbuilding projects will be more advanced. Wear old clothes, bring a towel, leave valuables at home, no long fingernails.

**Materials Fee: \$25—payable to CAC*

STAINED GLASS II Jean Thompson 6 Mondays, Mar 16 — April 20 6:00 - 8:00 PM M: \$45 NM: \$50 Class Limit: 10

Intermediate students (able to cut and foil accurately and produce a consistently beaded solder line) will advance to more intricate work. Instructions will be given to complete a lantern or students may bring their own project. A fee of \$12.00 for the lantern is payable to the instructor at the first class. Students provide glass and materials (flux, foil, patina, etc.) for their project. MERWAYING

Solder provided by Amerway Inc.

SCC	OP	W	OODCARVI	NG	Dale Thompson
		_		•	0 00 DM

3 Mondays, April 6-20		6:00—8:00 PM	
M: \$45	NM: \$50	Class Limit: 6	****

Set aside your power tools to work intimately with wood. Scoop & spoon carving is a relaxing and enjoyable hobby. You only need a few tools and a small workspace. In this class, Dale shows how to make a scoop out of wooden blanks. At CAC, we've fallen in love with woodcarving and making wooden spoon workshops—this class builds on skills learned in those classes.

GARDENING WITH MASTER GARDENERS

6 Mondays, See Dates Below	6:00—7:30 PM	*
M: \$8 per class NM: \$13 per class MEMBER DEAL: All 6 for \$40	Class Limit: None	

The Penn State Master Gardeners of Cambria County will be bringing you weekly information to get your garden ready for spring & summer. Thank you to these knowledgeable gardeners for sharing their expertise

March 23: ALPINE CREVICE GARDEN

March 30: DAHLIAS & OTHER SHOW-STOPPER FLOWERS

April 6: CONTAINER GARDENING May 4: ROSE GARDENING May 11: SHADE GARDENING

May 18: BUTTERFLY GARDENING

CLUB MEETINGS

Johnstown Camera Club **Woodcarvers Club**

Clubs meet from 6:30—8:30 PM at the Community Arts Center on the FIRST Thursday of each month.

If you're interested in joining one of these clubs, contact Jen Fultz, CAC's Education Coordinator, for more information.

KNIT IN THE AFTERNOON

6 Tues, Mar 24—Apr 28 1:00-3:00 PM M: \$39 NM: \$44 Class Limit: 8

All skill levels of knitters —from brush-up to advanced— are welcome! Dot will be available to guide and assist you. Do you have a specific skill or project you're interested in? Contact Jen @ CAC (255-6515) and Dot will come prepared to help you learn how to accomplish that goal!

CLAY HANDBUILDING Marian Lech

6 Tuesdays, Mar 17—April 21	12:30 – 3:00 PM

M: \$49 + fee NM: \$54 + fee Class Limit: 8

This afternoon class is an opportunity to play with clay. Bring your creativity, your ideas, and handbuild a unique piece of clay art. Several techniques will be taught and is a fun way to spend the afternoon. Wear old clothes, bring a towel, leave valuables at Materials fee: \$20, payable to CAC. home, no long fingernails.

ANIMAL PORTRAITS

Tanice Sandak

Dot Griffin

6 Tuesdays, Mar 17—April 21 6:00 - 8:00 PM

NM: \$47 Class Limit: 10 ★★ and up

Create animal portraits while exploring various media and techniques. Learn how to give life and depth to your artwork by using the correct medium. Have fun with pencils, charcoal, markers and paint. For the final piece, you'll use the medium of your choice. Bring a reference picture and a "let's have fun" attitude.

STAINED GLASS I Jean Thompson

6 Tuesdays, Mar 17—April 21		6:00 – 8:00 PM	
M: \$45 + fee	NM: \$50 + fee	Class Limit: 10	**

Beginning students create a 7 x 10 inch stained glass panel and learn the basics of pattern & glass preparation, cutting & foiling, soldering & patina. Students will provide glass for their project. Pattern, instructions, & glass purchasing information will be given upon receipt of class payment. An example of the completed project is on display at the Arts Center. Students should pick up their pattern and instructions before **Materials fee: \$14 payable to CAC** purchasing glass.

Solder provided by Amerway Inc

CLAY & WHEEL THROWN POTTERY I

Marian Lech

6 Tuesdays, Mar 17—April 21		6:00 – 8:00 PM	
M: \$68 + fee	NM: \$73 + fee	Class Limit: 7	**

Learn the basics of wheel work and handbuilding. The goal is to learn wheel basics of wedging, centering, and pulling which are foundational in becoming a potter. Introductory handbuilding is included in the curriculum. This class is for the curious & adventurous & can be repeated until skills are mastered. Wear old clothes, bring a towel, leave valuables at home, no long fingernails.

Materials fee: \$25 payable to CAC

PORCH SITTER DÉCOR Sande Staib

4 Tuesdays, April 7—28		6:00—8:00 PM	
M: \$ 40	NM: \$45	Class Limit: 6	**

Guests to your home will be welcomed with a porch sitter you painted! You'll decorate this 4 foot x10 inch board with "Welcome", sunflowers and distressed paint. Come by CAC for an example or find a picture on our website in the Art Education section.

M = Members

NM = Non-Members

Registration is due by March 10, 2020

Register online at caccc.org or call us at 814.255.6515

ACRYLIC & WATERCOLOR LANDSCAPE

Dennis Mosso

3 Wed, Mar 18—April 1		6:00—8:00 PM	
M: \$30	NM: \$35	Class Limit: 6	**

In this landscape class students will paint small landscapes in both acrylic and watercolor. Techniques learned will be washes, drybrush and using a grid system. Dennis will have reference photos, or students may bring a few choices of their own subject to the approval by the instructor.

KNIT DON'T QUIT

Dot Griffin

6 Wed, Mar 18 – April 22		6:00 - 8:00 PM	
M: \$39	NM: \$44	Class Limit: 6	★★ & up

This class is for advanced beginners and beyond. Some knitting experience is required. Dot challenges her students to increase their skills as they learn new techniques, yarns, and patterns.

MACRAME & WEAVING

Jan Sandak

5 Wed, Mar 18—April 13		6:00—8:00 PM	
M: \$45	NM: \$50	Class Limit: 6	*

Macrame has come back from the 70's in a BIG WAY! Jan will lead you into this interesting art form using a variety of knots. In 5 weeks you will create 2 projects: a sampler to learn a variety of knots and a wall-hanging to incorporate weaving into your macrame.

BEVELED GLASS PYRAMID

Terry Walters

2 Wed, March 25 & April 1		6:00—8:00 PM	
M: \$40	NM: \$45	Class Limit 6	***

This unique stained glass piece is for intermediate students with solid soldering skills. Create a 3D beveled glass enclosure to fill with small items of your choice. (Instructor will have ocean themed items available). Stop by CAC to see this unique piece or see a picture of it on our website: caccc.org

Solder provided by Amerway Inc



SALADS OF SUMMER

Matthew Price

6 Wed, April 8 - May 1	3	6:00—8:00 PM	
M: \$55	NM: \$60	Class Limit: 10	*

Summer is the season of healthy eating and you can add new and interesting salads with Matthew's help. This is a hands-on class and includes learning flavor profiles of fruits, vegetables and spices as well as tasting creations.

Painting Busts

Sean McAfee

2 Wed, April 22 & 29		6:00—8:00 PM	
M: \$30	NM: \$35	No Class Limit	*

Whether you want to try a new form of art, or jump into a new hobby, bust painting can be an exciting and interesting experience. Busts offer so many opportunities to express emotion, through painting. We will go over story telling through the painting of the bust, including lighting, color choices, and the little details that make the piece.



Thanks to Amerway for providing solder for our glass classes.



Thanks to Drake Knives for supporting our woodcarving classes with their quality knives.

PASTEL PAINTING Donna Housel

2 Saturdays, April 4 & 18

**(bring a lunch or snack)

M: \$41 NM: \$46 No Class Limit ★★★

10:30 AM-2:30 PM

This intermediate class requires some experience with drawing and pastels. Donna has chosen a cityscape pastel painting for this session. Continue your journey using artist grade pastels to gain skills and confidence. Topics covered in class will be shading, proportion and style, pastel types, papers and surfaces. The instructor will provide hands on instruction and individualized feedback. *Bring a lunch or snack and be ready to learn!*



THE SHIRLEY GAYNOR & HELEN C. HINCHMAN

MEMORIAL EXHIBIT

The Shirley Gaynor & Helen C. Hinchman Memorial Exhibit was established to foster the art of Pennsylvania artists.

This exhibition is open to:

- College/university juniors or seniors majoring in art, or any
- Established artists in the counties of Blair, Cambria, Somerset, Indiana, and Westmorland.

Entries are limited to two (2) submissions of representational art of painting, sculpture, or works on paper.

VISIT CACCC.ORG FOR MORE INFORMATION.



Every Wednesday

1:00-3:00 PM

Bring your own supplies and work on your own drawing, painting, or other project with other art enthusiasts. A \$3 donation for space usage is appreciated.

M: \$15

ST PAT'S & EASTER GNOMES Jen Fultz Monday, March 16 6:00—8:00 PM M: \$15 NM: \$20 Class Limit: None ★

Gnomes are mystical beings known to possess magical powers. We're not too sure these little leprechaun & Easter bunny gnomes can do magic but they've put a spell on us! Be thinking of names for your gnomes—it's bad luck to leave them nameless!

SPRING WREATH	Melanie Rossi
Monday, March 16	10:00 AM —12:00 PM OR 6:00—8:00 PM

NM: \$20 | Class Limit: 10

Greet spring with a bright & cheery floral grapevine wreath. Learn floral design basics and how to tie a nice bow. Students are to bring their own wreath, florals & ribbon. A supply list is available at registration.

BOB ROSS-STYLE OIL PAINTING		Al Just	
Sunday, March 29 12:00—5:00 PM			
M: \$55	NM: \$60	Class Limit: 10	★★ & up

Spend a relaxing Sunday afternoon learning the painting techniques of Bob Ross. Increase your oil skills or begin the journey of painting with oil. Al will walk you through steps of a painting that you will enjoy putting on your wall. **Each student needs to bring a rag, paper towels & baby wipes**. All other painting supplies are provided.

PSANKY EGGS	Sharon Stoika-Smay	
Friday, April 3	6:00 – 8:00 PM	
AND/OR	AND/OR	
Saturday, April 4	11:00 AM—1:30 PM	
M: \$25 OR both for \$40	Class Limit: 6 ★★	
NM: \$30 OR both for \$50		

Learn the history of Psanky Eggs and the cultural significance of their color and designs. Find the differences based on the artist's country of origin. Sharon is an excellent artist and will lead you through the process of creating these beautiful pieces of art. Classes can be taken separately, but are best when taken together.

SIMPLE RESIN PENDANTS			Jen Fultz
Saturday, April 4		12:00—3:00 PM	
M: \$25	NM: \$30	Class Limit: 10	**

Create a couple of art pendants using epoxy resin! This beginners class focuses on creating a few simple resin pieces. Learn how to mix resin, tint with powders & dyes, pour into molds and open bezels.

BEVELED GLASS SUNCATCHER

Terry Walters

Saturday, April 4	10:30 AM—1:30 PM
10" Suncatcher — M: \$30 NM: \$35 6" Suncatcher—M: \$20 NM: \$25	Class Limit: 6 ★★

Learn stained glass basics of foiling and soldering stained glass! This project will not include cutting glass. Students will foil & solder 4 clear, beveled, diamond-shaped pieces together to create a stunning suncatcher.

DOVE & RAINBOW SUNCATCHER

Terry Walters

Saturday, April 11		10:00 AM—3:00 PM	
M: \$35	NM: \$40	Class Limit: 6	**

In one day, create this stained glass project of a dove flying through a rainbow. This is a great project for a beginner to intermediate student to hone glass skills of cutting, foiling and soldering. Spend the day with Terry and increase your glass skills while making a pretty little suncatcher.

Pack a lunch!

MIXED MEDIA WALL DECOR

Ellen Mostoller

Wednesday, April 15		6:00—8:00 PM	
M: \$30	NM: \$35	Class Limit: 10	**

Turn a serving tray into a sweet décor item using mixed media. Ellen will have her chalk transfers and combine them with decoupage & paint.

TREASURE GOLD CRAFTING Jen Fultz			Jen Fultz
Wednesday, April 15		6:00—8:00 PM	
M: \$20	NM: \$25	Class Limit: 20	*

If you are a crafter & haven't discovered FolkArt's new Treasure Gold paint line, Jen has a surprise for you! We have small items to paint, but you'll need to bring something fun to paint (Jen is bringing her vintage typewriter!). Treasure Gold comes in several metallic colors and is a multi-surface formula (glass, ceramics, wood, plastic). This is two hours of experimenting with a new product!

SCRAPPY BIRD SUNCATCHER

Jean Thompson

Saturday,	April 25	10:00 AM—3:00 PM	
M: \$40	NM: \$45	Class Limit: 8	**

Students will be making a colorful scrappy bird suncatcher. No previous stained glass experience is needed for this crafting for fun workshop. All materials will be provided. Closed toed shoes are required.



the Arty Party

WINE BOTTLE LIGHTS		Ellen Mostoller	
Wednesday, March 25	6:00—8:00 PM		
Always only \$15	Class Lir	nit: 15	*

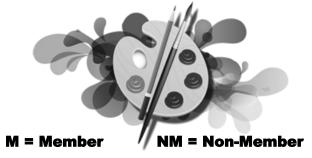
If you didn't get to the free class before we cut off registration, join us for this one—but register right away! Cut the bottom off your own wine bottle then chalk or etch a design into the bottle for a beautiful home décor. Perfect for sitting over a tealight, candle or dropping fin airy lights. All materials are supplied. Lights are not included.

PAPER FLOWERS ON WOOD BLOCKS

Sande Staib

Wednesday, April 1	6:00s—8:00 PM
Always only \$15	Class Limit: 10 ★

What to do with leftover lumber? Make CRAFTS! Create a cute piece of home décor with a block of wood and some old book pages. These are adorable and you'll have a fun night with Sande!



REGISTRATION for Workshops is due 1 week before your workshop.



HIP HOP ABS

6 Wednesdays, Mar 18—Apr 22 6:30—7:30 PM M: \$39 NM: \$44 No Class Limit

Dance and fitness come together in this all-out cardio blast! With loud music and high energy you'll be having so much fun, you won't even realize how hard you're working!

TAZZERCISE

6 Wednesdays, Mar 18—Apr 22 7:30—8:30 PM M: \$39 NM: \$44 No Class Limit

This high-intensity cardio workout to pulse-pounding music will get you to your fitness goals FAST. Burn all those holiday calories away with this mix of modern dance choreography, kickboxing and Pilates to the tune of upbeat pop songs.

KIDS INTRO TO ACRO

6 Tuesdays, Mar 17—Apr 21

 Preschool: 3 years-Kindergarten
 5:30—6:15 PM

 Elementary: Grades 1-4:
 6:15—7:00 PM

 M: \$ 34
 NM: \$39
 Class Limit 10

Acro combines skills of dance and gymnastics. It is a fun way for our students to explore dance and acrobatics! Korynn will focus on beginner acro positions, large motor skills (jumping, hopping, etc.), and balancing skills which prepare dancers for mixing dance and tumbling at their developmental levels! Dance has a unique way of increasing your child's self-esteem and positive self-image.

KIDS CREATE DANCE IMPROV

IMPROV Gr 4-6

Gr 7-12

6 Tuesdays, Mar 17—Apr 21 7:15—8:15 PM M: \$34 NM: \$39 Class Limit: 20

Dance Improv is creativity in motion! This dance and thought process enhances elementary kids' creative and physical awareness.

KIDS CREATE BASIC JAZZ

6 Wednesdays, Mar 18—Apr 22 | 5:30—6:30 PM

M: \$34 NM: \$39 Class Limit: 20

Jazz combines ballet, hip-hop, lyrical and modern dance and involves showmanship, precision, and strength. The kids will focus on proper dance techniques: isolation of body, performance quality and developing complex rhythms/patterns.



Arts Center
memberships start at
just \$15 for an
individual!

Members receive many benefits, including discounts on classes, workshops, event tickets, and room rentals! You will be added to our mailing list to receive our newsletters, personal invitations to events, exhibits, and more!

YOGA Wine Down

YOGA WINE DOWN – GOOD LUCK EDITION

with instructor Adriann White

Friday, March 13 6:00 – 7:30 PM
M: \$8 NM: \$10 Pre-register or Drop-in!

Did you know? We have a Friday the 13th coming up in March! What better way to have a LUCKY Friday the 13th than to join in one of Adriann's famous Wine Down classes. Each pose will include your wine (or beer) and have a St. Patty's Day theme. Grab your lucky charms, gather up your friends, and call us to reserve your spaces today! We'll have loads of fun as we relax with yoga and wine/beer, and maybe even a wearing o'the green.



INTEGRAL QIGONG TAI CHI Elizabeth Good

6 Mondays, Mar 16—April 27
*****No class March 23
4:30 – 5:30 PM

M: \$42 NM: \$47 Class Limit: None

Renew your energy for life! You'll discover how to free energy, reduce stress & build strength, balance, and stamina when you practice this revitalizing Qigong forms and Yang-style short form of Tai Chi. Wear flexible, soft-soled shoes & loose clothing. Prior Tai Chi experience is not needed.

 YOGA & YOU
 Adriann White

 6 Tuesdays, Mar 17—April 21
 Tues: 1:00-2:00 PM or 6:45-7:45 PM

 6 Thursdays, Mar 19—April 23
 Thur: 1:00-2:00 PM

 M: \$42
 NM: \$47

 Class Limit: None
 ★

Energize your life! Practice Yoga to restore and renew your spirits. Yoga releases tension & stress and boosts radiance. Wear loose, comfortable clothing.

**Bring a yoga mat and a yoga strap to class.

CHAIR YOGA Adriann White 6 Wed, Mar 28—April 22 8:30 – 9:30 AM M: \$42 NM: \$47 Class Limit: None ★

Chair Yoga brings the benefits of improved strength, flexibility, balance & relaxation without the struggle of getting up from the floor. Adriann's caring instruction gives her students confidence to practice Yoga at their own pace and skill level to strengthen mind & body with a chair for balance. Wear clothing that allows for movement.

**Bring a yoga mat and a yoga strap to class.



Community Arts Center of Cambria County 1217 Menoher Blvd. Johnstown, PA 15905 Phone: 814-255-6515 www.caccc.org

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Contact Jen at CAC for more information: 814-255-6515 caccc@atlanticbbn.com



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