



CENTURY VILLAGE EAST

CLASS DESCRIPTIONS

7/19/2021

Class Name	Instructor	Description
The Savvy Seniors Show	Anne Goldberg and David Hall	The Savvy Seniors Show is a 45-minute live show made by and for seniors, featuring Anne Goldberg and David Hall. Think of it as a talk show with topics specific to healthy aging, longevity, trivia, current events and more.
Americana Crafts	Barbara Gerson	Explore and recreate the old-time crafts of the colonial era: Tinsel Painting, Paper Quelling, Decorative (Tole) Painting, Stenciling, and more.
Introduction to Acrylic Painting	Barbara Gerson	Learn the basics of using this extremely versatile medium. Its great opacity and fast drying make it easy to use and create a myriad of techniques to create of art such as: landscapes, still life, animals, and more!
Introduction to Drawing	Barbara Gerson	Using just pencils, this course will cover all the bases so that the student can render objects and landscapes in a realistic and correct manner. Areas to be covered are 1 PT Perspective, 2 PT Perspective, Elliptical Perspective, Contour Line, Shading, and more.
Introduction to Drawing Level 2	Barbara Gerson	Expanding on the basics learned in Intro to Drawing (must be taken prior to Level 2), the class will explore drawing with other media. Media covered will be pen & ink, charcoal, and conte with an emphasis on pen & ink. Watercolor accents will be explored if time. Materials needed are 01 Micron drawing pen, Black charcoal and conte, Good copy or drawing paper, Newsprint paper, Kneaded eraser, 2H or 4H pencil, Crayola 8 pan watercolor set (optional).
Open Instructional Studio	Barbara Gerson	Wanted to take an art class, but the medium you wanted is on the wrong day or time? Welcome to Open Instructional Studio! Have an urge to make your own greeting cards, explore watercolor, acrylic painting, pen and ink, pastels, collage, and more? Bring in your own ideas and learn how to create them! ALL IDEAS WELCOME!
Painting with Soft Pastels	Barbara Gerson	Starting with the Impressionist, soft pastel became a media to be used on its own instead of as a preliminary drawing. The priority of color allows the students to render stunning works of art in all genres: still life, landscape, flowers, etc. Week 1 - Intro to Media: Fruit. Week 2 - Doing a Landscape: Silhouette. Week 3 - Flowers Bursting with Color. Week 4: Landscape - Ocean. Week 5: Trees. Week 6: Free Choice.
Stained Glass	Benoit Mordecai	Teach students how to make a stained-glass project with techniques that include cutting, fitting, foiling, soldering, and framing your project. Students are required to have or to buy tools for the class.
Clay Hand Building	Bonnie C Goldberg	Students will study various methods to construct 3-dimensional art works out of clay. The course covers both functional and nonfunctional pieces.
Cooking Techniques & Recipes	Chef Alice Colin	Classes will cover a variety of global cuisines, and essential culinary techniques. Virtual cooking class in real time. Recipes and prep list will be sent prior to class.



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Mixed Medium Abstract Art	David Lambert	Learn to use form and color to create an impressionistic, abstract, or realistic painting. Various materials, unusual textures and surfaces, grounds and application methods will be explored. Need supply list will be provided at checkout.
Wet on Wet Landscape in Oils	David Lambert	Wet on wet oil painting is a modern version of painting that speeds up the process. A small painting can be made within a few hours. Anybody can become a competent artist quite easily compared to the old technique of painting on a dry canvas. This is a matter of learning technique. You will be surprised at the speed you will make beautiful paintings! Instructor supplies everything including canvas and face masks!
Natural Remedies with The Natural Nurse	Ellen Kamhi PhD RN AHN-BC AHG-RH	This class will include topics relating to herbs of health and energy, wild plants that grow in Century Village that can be used for food and medicine. Homeopathic - are they real and do they help? Supplements and Vitamins - better off with them or without them? Organic, natural, and gluten free - what does it all mean?
Cinema Appreciation and Understanding	Fred Safran	What are the elements that make a film a film and not just a story on a screen...lighting, editing, sound, production design, cinema space...You will learn to see motion pictures in a new and expanded way...You will learn to see cinematically!
Israeli Cinema/Universal Themes	Fred Safran	Carefully selected award-winning Israeli films with universal themes which people of any country can appreciate. Films from important periods in Israeli film history. Emphasis is on the high cinematic qualities of these Israeli films.
Joy of Digital Photography	Fred Safran	Individual coaching combined with group study and training focuses on your own photography plus emphasis on camera usage and understanding light. This class is especially designed to be effective for photographers of all levels of previous accomplishment.
Relaxation, Meditation and Toning	Fred Safran	Straight forward and easy to learn techniques to gain the benefits of deep relaxation, of powerful and effective meditation methods, and the rewards of self-generated healing sound.
Guitar Lessons	Gilles Malboeuf	Ever want to learn a new instrument? How about the guitar? This instructor can teach both right handed and left handed students. If you need a different time, just ask to contact the instructor directly!
Computer Class Level 1	Jeff Ortega	This class is an introduction to computers or laptops. You will learn the operating software, web browsers, viruses to name a few topics! You must have your own computer or laptop.
Computer Class Level 2	Jeff Ortega	Develop and advance computer skills learned from Computer Class Level 1. You must have your own computer or laptop.
Spanish 1	Jeff Ortega	Learn the basics of Spanish in this beginner's course.
Spanish 2	Jeff Ortega	Develop and advance skills already learned in Spanish 1!
Beginner Canasta 1 & 2	Linda Gottlieb	Learn the basic rules of the card game Canasta, basic strategies, special hands all while meeting new friends and having fun.



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Intermediate Canasta 1 & 2 (Refresher Canasta)	Linda Gottlieb	Review basic rules and introduce advanced strategies of the card game Canasta to make the game more exciting, challenging and fun.
Jewelry Making	Mary Marzano	Learn the basics of jewelry making using materials such as beads, wire, glass, metal, and clay.
Lapidary	Menachem Plaut	Come make jewelry from rocks! Your instructor will teach you safety on basic machines, basic preparation of stones and design.
Beginner Bridge	Robert Kiernan	Learn the basics and fundamental skills of Bridge. There will be four people at each table to learn this game!
Intermediate Bridge	Robert Kiernan	Enhance and develop the finer of the game of Bridge! There will be four people at each table to learn this game.
Piano	Robert Kiernan	Learn how to play the piano with half hour individual lessons! Any skill level is accepted.
Publish Your Book in 30 Days	Sharon Lampert	Do You Want to Live Forever? PUBLISH a BOOK! What Do Books do? BOOKS ARE POWERFUL! Books Educate! Books Enlighten! Books Empower! Books Entertain! Books Are Eternal! This is a Full-Service Publishing Class: Write, Edit, Publish, Market and Sales. It is Never Too Late to Make a BIG DREAM Come True!
Golf Fitness	Sharon Stadtmiller	Class will focus on injury prevention. We will be working on proper warm up and strengthening of the upper and lower body as well as core muscles. We will also address the importance of balance and flexibility. Improvement in these areas will reduce fatigue on the course and help to prevent injuries and possibly increase swing control and speed.
Posture Perfect!	Sharon Stadtmiller	Good posture improves energy levels and reduces strain on the spine and surrounding muscles. We will be focusing on gentle yet effective exercises to improve strength and flexibility in the areas that cause discomfort and imbalances in standing and sitting posture.
Beginner Mah Jongg	Shelli Isen	Learn this popular Chinese game that uses tiles with various designs.
Intermediate Mah Jongg	Shelli Isen	Develop and advance skills already learned in Beginner Mah Jongg!
History of Western Music	Steve Lebetkin	This weekly class will take you through the history of music from the Renaissance to the 21st century. There will be lots of wonderful music examples we will listen to together of great music. There will also be historical discussion and opportunity for questions and answers. I am an accomplished composer of classical music with performances and recordings around the world, including Carnegie Hall. This class will be interesting and fun. This is for adults and will not overwhelm you. You can take this class repeatedly and the musical examples will change. You will not be bored!