



CENTURY VILLAGE EAST CLASS DESCRIPTIONS

11/2/2020

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.
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!
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.
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.
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.
Upbeat Plays for Seniors	Barbara Snyder	There will be ten short upbeat plays for "Reader's Theatre." These plays are all very different and fun to read or stage. If all the characters were real people, they would be long-time members of AARP and on Social Security.
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.
Ceramics 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.
Acting/Improvisation	Carole Ross	The class will learn the technique of acting and use it in the improvisational workshop. No memorization required. Open to beginners and advanced. A fun, non-threatening class. This class improves self-awareness and confidence.



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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.
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!
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. The instructor will provide all paints and brushes. You will need to bring your own canvas.
Basics of Woodworking	Donald Grossman	Introductory information on working with Woods!
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.
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.
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.
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!
Smartphone and Tablet Tutorial	Jason Cook	Teaches the basics on how to use a smartphone and tablet. Including the appropriate gestures, taking, and sharing pictures and how to use communication apps like Skype and Zoom.
Smartphone and Tablet Tutorial level 2	Jason Cook	A higher-level class than the level 1 for people who are confident in the use of their mobile device.



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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!
The History of Yiddish Music "From Shtetl Tsu Amerika"	Jerry Gray	The transmutation of Yiddish Music from the Shtetl TSU AMERIKA
Beginner Canasta 1	Linda Gottlieb	Learn the basic rules of the card game Canasta, basic strategies, special hands all while meeting new friends and having fun.
Beginner Canasta 2	Linda Gottlieb	Learn the basic rules of the card game Canasta, basic strategies, special hands all while meeting new friends and having fun.
Intermediate Canasta 1	Linda Gottlieb	Review basic rules and introduce advanced strategies of the card game Canasta to make the game more exciting, challenging and fun.
Intermediate Canasta 2	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.
Quilting	Rita Wyrgatsch	This class is designed to give you hands-on experience with basic quilting skills. You will get individual direction and assistance. The project that you work on will be completed with the guidance of the instructor. You will receive a supply list upon registering for the class.
Knitting	Rita Wyrgatsch	Come join us and learn knitting as a brand-new skill or refresh the skill you previously had. Everyone is welcome! You will receive a supply list upon registering for the class.
Investing Wisely	Robert Macaluso	Learn about current investment issues and how to invest in this challenging economic time.
Ceramics Hand Building	Sara Henick Montague	In this ceramics class you will learn to work with clay from start to finish using several hand building techniques like pinch, coil, slab and sculpting from solid. Functional as well as sculptural applications will be explored including various glaze applications. We welcome all students beginning to advanced.
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!



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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.
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.
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!
Current Events	Shirley Green	An interactive discussion of the major events of the day, with all point of view welcomed. With this instructor's background as a newspaper reporter and unapologetic "new junkie" interests, she can generally add breadth and depth to these discussions.