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**ACTIVITIES &
COURSE BOOK**



Registration Begins
Wednesday, November 16, 2016

Classes Begin
Tuesday, January 3, 2017

NOTE: Classes will not be held on Monday, January 16th and Monday, February 20th PLEASE READ OUR INCLEMENT WEATHER POLICY CONCERNING CENTER CLOSINGS
Please note: **Some class fees have increased**



NOTE:

- Courses with less than the minimum required participants will be cancelled by Tuesday, December 20, 2016.

Please have your current Senior Center membership card available. You must write a check for each CCBC/CSCC class.

PRIOR TO REGISTERING: Review this “Activity & Course Description Booklet.” Bring your GREEN Center Membership Card to Registration.

For College Classes:

PAYMENT: Checks must be made payable to **CCBC**. Separate check for each class. If you are **not** a county resident there is a \$10.00 fee added to the class fee.

REGISTRATION FORM: Complete one (1) form for each class. The following information will be needed to complete form

- Your Name & Address
- Your Date of Birth
- Your Home Phone Number
- Proof of Center Membership (current membership card)

For Non College Classes

Checks must be made payable to the Catonsville Senior Center Council (**CSCC**). Separate check for each class.

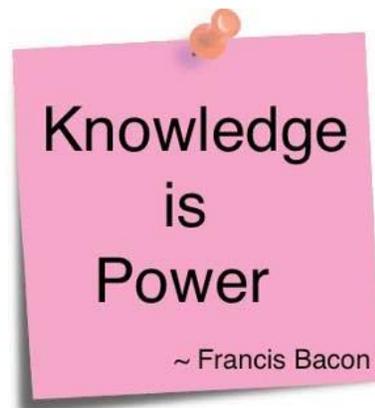
- ⇒ Your receipt is the pink copy of your registration form (CCBC) & white copy of the form (CSCC) and your cancelled check.
- ⇒ Cancellations of college courses **must** be made through CCBC at 443-840-1651 or write to:

CCBC-Essex
Attn: Steve Edmonston
7201 Rossville Boulevard
Bess Building—Room 129
Rosedale, MD 21237

- ⇒ **You must be 60 years of age to participate in any class.**

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Never Stop Learning

BEGINNER ART Fee: \$30 Room 301
Instructor: Audrey Nagle (CSCC) Friday 10:00—12:00 PM
(Both forms need to be completed and checks made payable to CSCC.) Several techniques will be introduced in this class. Discover how much fun art can be! Audrey guides the students to use their imagination to create a piece of art.

DRAWING /PEN & INK Fee: \$35 Room 301
Instructor: Joseph Cassar (CSCC) Monday 9:30—11:30
Drawing techniques aimed at developing and improving students artistic skills. Fundamentals of perspective, creating the illusion of form while working in a variety of mediums from graphite, pen/ink and charcoal. **(Both forms need to be completed and checks made payable to CSCC.)**

PAINTING / WATERCOLOR Fee: \$35 Room 301
Instructor: Joseph Cassar (CCBC) Wednesday 9:30—11:30
Painting techniques aimed at developing and improving students artistic skills. Fundamentals of perspective, creating the illusion of form and color are covered while working in a variety of mediums from graphite, oil crayons, and pastels. Learn acrylic painting or oil painting.

STAINED GLASS Fee: \$35 Room 301
Instructor: Joseph Burk (CCBC) Monday 9:30—11:30AM
The class will include assembling stained glass (copper foil), cutting and grinding. Students can make small items, three-dimensional items and stained glass panels.

CERAMICS (Ongoing) **Fee: NONE** **Room 301**
Instructor: Carole Uhlig (Volunteer) **Friday, 12 Noon—2PM**

Fundamentals of ceramics with all aspects covered: casting, cleaning of green ware, bisque staining and basic glazing procedures. Work on independent items of choice. Fees for supplies fifty cents (\$.50) weekly.

BASIC ZENTANGLE **Fee: \$25.00 + materials** **Room 301**
Instructor: MJ Kehne, CZT (CSCC) **Tuesday 12:30-2:00**

An easy to learn fun way to work with patterns to create beautiful art images. Color pencil work will be included in this session. The process using Zentangle helps increase focus and concentration, reduce stress and gives one a wonderful sense of accomplishment!

Class will be held January 3, 10

BEYOND ZENTANGLE **Fee: \$ 25 + materials** **Room 301**
Instructor: MJ Kehne, CZT (CSCC) **Tuesday 12:30-2:00**

Prerequisite: Basic Zentangle In this workshop, shading, composition, value, additional tangles, new materials will be presented. Color pencil work will be included this semester. Additional supplies will be available for purchase.

Session I **January 17, 24, 31, February 7**

Session II **February 14, 21, 28, March 7**

WOODCARVING **Fee: NONE** **Room 301**
Instructor: Buddy Stiffler (Volunteer) **Wednesday, 1-3 PM**

Hand carved wooden creations, miniature ducks, songbirds, animals, caricatures and relief carving.



MAT PILATES/YOGA FUSION **Fee: \$35** **Ballroom**
Instructor: Deborah Salim (CSCC) **Wednesday 9:45-10:30 AM**
A blend of Yoga and Pilates techniques to strengthen the front ,
back and side area of the core. Some flexibility and balancing
exercises included. A standing warm-up followed by mat work.

WEDNESDAY AFTER HOURS

GENTLE YOGA **Fee: \$27** **Room 301**
Instructor: Elaine Collins (CSCC) **Wednesday 4:00-5:00 PM**
This class is geared toward those beginning yoga to learn the
basic poses and techniques.

HATHA YOGA **Fee: \$27** **Room 301**
Instructor: Elaine Collins (CSCC) **Wednesday 5:15 -6:15 PM**
Hatha yoga is a holistic yogic path that includes physical pos-
tures. You must have taken yoga prior to enrollment in this class.

MEDITATION **Fee: \$30** **Room Ballroom**
Instructor: Betty Lewis (CSCC) **Wednesday 5:15-6:15**
This series of classes on Meditation will provide you with
the knowledge that you need to practice the ancient art of
Meditation. Our time together will be used to study several
types of Meditation and explore how to be more conscious
of our mind state. Continued practice of Meditation will help
you to be more present from moment to moment. Meditation
also helps with memory. Some of the ways that we will in-
vestigate meditation will be by sitting, reclining and walking.
We will also use breath, sound and the touch of meditation
beads to deepen our experience.



SENIOR CENTER FITNESS CENTER

Hours of Operation
Monday thru Wednesday
8:30AM to 3:30 PM
Thursday and Friday
8:30 AM - 3:00 PM

COST: \$100 per year or quarterly payments of \$25
Participants must be members of the Catonsville Senior Center and aged 60 or above. Note: Fitness Center will be closed if there is no monitor available to staff the center.
(Applications in Staff Office)

NOTE: Approval from your physician and attendance to an orientation are required before you can use the fitness center. Fee for the Fitness Center is separate from Center Membership.

PERSONAL TRAINING PACKAGES ARE ALSO AVAILABLE:

One- Hour Session (One Person) \$45

One on one attention to monitor your progress, keep pace with your goals and motivate you !

Half- Hour Session (One person) \$25

Learn a few new exercises, ask a question about your technique, or have the trainer supervise your workout

Workout with a Friend Package \$60

Get motivated by working out with a friend and a personal trainer!

Fitness Assessment & Individualized Exercise Program

(One Person) \$50

Find out your current fitness status, where you should be and what you need to do to reach your goals. Have your own specialized exercise program to help you achieve those goals

Get Ready! Get Set! Get Fit! Special \$130

Assessment & IEP plus four 1/2 hour sessions

EXERCISE & PHYSICAL FITNESS (cont.)

DANCING

AFTERNOON DANCING

Fee: NONE Ballroom

Instructor: Charlie Barrett

Wednesday 1-2:30PM

Dancing for singles and couples. Join Charlie Barrett as he sets the tone for an afternoon of foxtrot, swing, and tango to name a few. Donations toward the refreshments would be appreciated. *(See newsletter or Charlie Barrett for schedule of live music and more information).*

CONTEMPORARY LINE DANCING

Fee: \$25 Ballroom

Instructors: Linda & Renee (CSCC)

Tuesday 11:30AM - 12:30PM

Contemporary Line Dancing where you can learn step-by-step how to line dance to soul, hip-hop and Caribbean music. No prior dance experience needed. Join this fun innovative dance class.

LINE DANCING

Fee: See Below

Ballroom

Instructor: Nancy Sullivan (CCBC)

Ultra Beginners Mon. 1:30 - 3:30 pm (\$35)

Advanced Tues. 1:30-3:30 pm (\$35)

Intermediate/Advanced Fri. 1:30—3:30 pm (\$35)

- Monday's class will begin with one half hour for individuals who have never taken line dancing. The remainder of the class will be for all beginners.

Instructor: Nancy Longo (CCBC)

Fee: See Below

Ballroom

Beginners Wed. 10:30 - 12:00 (\$30)



MUSIC

ORGAN & PIANO LESSONS Fee: \$8.00 Per Session Room 114
Instructor: Carol Reid (IC) Tuesday: Organ: 10-11:30AM
 Piano 12:30 - 2PM

Group Organ Lessons - beginners, intermediate, advanced. Please call for availability.

PIANO LESSONS Fee: \$8.00 Per Session Room 114
Instructor: Catherine Elkiss (IC) Friday 10:30AM—12Noon
 Group Piano Lessons - beginners, intermediate, advanced.

SPORTS

SOFTBALL (SEASONAL) Fee: NONE Field
Instructor: Ed Lowman (Volunteer) Spring, Summer & Fall
 On-site ball diamond is available for regular play and practice Monday, Wednesday 12:00. Join the team to play opposite other senior center softball teams.

TABLE TENNIS Fee: NONE Room 106
Instructor: William Van Wright (Volunteer)
 Singles—Tuesday 2-4PM
 Doubles—Thursday 2-4PM
 Participate with center members in fun games of table tennis. Excellent equipment.

BILLIARDS & POOL Fee: NONE Pool Room
Instructor: TBA (Volunteer) Monday 10-11:30AM
 Participate with center members in showing your skills at pool playing, or just come for fun and games. Novices welcomed! No pool sharks!

INFORMAL ACTIVITIES

CHESS Fee: NONE Room 114
Instructor: Ernie Strong Mondays 1:00-4:00 PM
 Keep your mind active and meet new friends!



COMMUNITY SERVICE PROJECTS Fee: NONE Room 301
Instructor: Mary Carper (Volunteer) Wednesday 9AM—12Noon
Do handicraft projects for babies in hospitals. Knit lap robes, afghans, hats, etc... Lots of fun and lots of rewards!!!

INTERMEDIATE BRIDGE Fee: NONE Game Room
Instructor: Volunteer Wednesday 9-11:30AM
This class is for people who would like to improve their bridge skills.

DUPLICATE BRIDGE Fee: Donation Room 106
June Welsh (Volunteer) Wednesday 12:30 - 3:30PM
Dennis Hamlet (Volunteer) Friday 12:15 - 3:30PM
All experienced duplicate bridge players are welcomed on space-available basis.

BINGO Fee: TBA Room 106
Instructor: Volunteer Thursdays 9:00AM—1:00PM
Bingo is offered the first, second and fourth Thursdays of the month. Come join the Bingo mania.

RUMMIKUB
Instructor: Carolyn Cowles Monday 1:00 - 3:00 PM 301
Howard High Thursday 1:00 - 3:00 PM 301
Rummikub is the classic game where players create sets and runs of numbers using tiles. A game of strategy and luck. Perfect game for all.

MAHJONG
Instructor: Monday 1:00 - 3:45 PM Room 301
Eileen Lewis, Volunteer, Friday 12:30 - 1:00 PM Room 301
(Lessons) \$10 one time fee
Fee: NONE Friday 1:00 - 3:30PM
Mah Jong is a board game which originated in China. It is played with tiles rather than a deck of cards. Players use skill and strategy to win over their three opponents. Lessons will be held prior to actual game playing for a one time fee of \$10.00.



LIFELONG LEARNING

INTRODUCTION TO SPANISH **Fee: \$30** **Room 212**
Instructor: Susan Fredericks (CSCC) Wednesday 10:30-11:30AM
 Learn basic conversational Spanish. Prior knowledge of Spanish is not necessary for this class. Students will learn numbers, colors, weather, tenses and simple phrases. Bring writing materials for note taking.

CONTINUING SPANISH **Fee: \$30** **Room 212**
Instructor: Susan Fredericks (CSCC) Wednesday 11:45-12:45 PM
 Continued Course on learning basic conversational Spanish. Bring writing materials for note taking. Must have some knowledge of Spanish to participate in this class. Students must know numbers, colors, weather, tenses and simple phrases.

BIOGRAPHY BOOK REVIEW **Fee: NONE** **Conf. Room**

Instructor: Jane Byers (Volunteer) 4th Monday 9:30-11:00AM
 This group meets monthly to discuss biographies of those people who have made a difference in our society. Reading not required. Come to hear the discussion.

Monday, January 23rd Elizabeth Paterson “Betsy” Bonaparte
 (daughter of a Baltimore merchant)

Monday, February 27th Elizabeth Blackwell (First woman to receive medical degree in US)

Monday, March 27th Mary Queen of Scots

TIME SLIPS **Fee: NONE** **Room 212**
Christopher Truslow, Staff Friday 10:15 - 11:15 AM

Time Slips improves the well-being of elders by infusing creativity into care relationships and systems. The premise is that it opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine and in doing so, it is that to open new neural pathways in the brain. The program is great for individuals suffering from different forms of dementia, memory loss, or individuals who are looking for social engagement. A group of 5 to 10 individuals takes turns providing input to create a story based on what they see in a single picture.

CREATIVE WRITING WILL NOT BE OFFERED THIS

SEMESTER

WINE TASTING WILL NOT BE OFFERED THIS SEMESTER

REMINISCENCE

Fee: NONE Room 212

Instructor: Chris Truslow

Tuesday 10:15—11:15AM

Join in a lively discussion of your memories of yesterday, your issues of today and your thoughts for tomorrow. Discuss how your past relates to the present and compare your lifestyle with the lifestyles of others.

HISTORY OF ANCIENT MEDICINE, PART II

ANCIENT CHINA AND INDIA Fee: \$35 ROOM 212

Instructor: Pat German (CSCC) Monday NOON– 1:30 PM

Both forms need to be completed and checks made payable to CSCC.

The Chinese were using massage as medical therapy in 1600 B.C. In India yoga was a major part of medical therapy in 200 B.C. Learn about what is considered new but actually very old in our attempt to stay healthy.

ISSUES IN AGING

Fee: NONE

Room: 212

2nd & 4th Thursday 10:15-11:15

Instructor: Dragana Hevat, LGPC

Join in the group discussion and activity on topics related to the aging process.



TOPICS IN AGING Fee: NONE
Instructor: Chris Truslow, Staff
1st & 3rd Thursday 10:15 - 11:15 AM

Room 212

Topics on Aging is led by our Center Connection Specialist to discuss new and important issues related to the process of aging. Ideas from Tuesday's *Reminiscence* class are further examined and discussed during this course. The *Time Slips* program may be used during this time as well depending on class size. *Topics on Aging* is a way to be informative, and also have fun while studying the physical, social, mental, spiritual, and emotional dimensions of health and wellness.

COMPUTER CLASSES

GETTING TO KNOW YOUR COMPUTER I

THIS CLASS WILL RESUME IN THE SPRING



COMPUTER ASSISTANCE

No registration is required. If you are in need of help understanding your desktop/laptop, tablet or have questions on how to perform a task on your computer, volunteers will be available in the Computer Lab on the following days:

Alvin Miller— *December 14th* 10:00—11:00

January *12th* 10:00—11:00

February 16th 10:00—11:00

Loan Tran— 12/7, 1/4, 2/1 10:00-12:00

Computer Lab is open to those students who have taken a computer class through Catonsville Senior Center and when there is a monitor present.



HOLIDAY PARTY

Wednesday, December 21st

12-2:30 pm

*Musical entertainment, super special
lunch to include chicken cordon bleu
(\$2.50 donation) and more! RSVP for
lunch by 12/12*

LUNCH AND LEARN

THURSDAY, FEBRUARY 23RD at Matthews 1600

“MANY HAPPY RETURNS: A RETURN TO
HUTZLER’S AND HOWARD STREET “BY MICHAEL
LISICKY

Stay tuned for more information!!

**Your Catonsville Senior Center Council Invites you to visit
them on their website at
www.catonsvilleseniorcenter.webs.com or visit us on Facebook.**

Catonsville Senior Center

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Catonsville, MD 21228
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**Center's
Hours of Operation
Monday—Friday
8:30AM –4PM**