



## Senior Center Course Descriptions

**\*\*\* Please feel free to sit in on any of the following classes (one time) at no charge to see if that particular class peaks your interest! Please notify the front desk so that we can let the instructor know that you will be joining the class for the day. \*\*\***

### Low Impact Aerobics:

**Instructor: Ramona P. Shainheit**

(Mondays 9:00 a.m.-10:00 a.m., Tuesdays 10:00 a.m.-11:00 a.m., Wednesdays 9:00 a.m.-10 a.m.)

Ramona is an aerobic and dance instructor. I teach from beginner to intermediate level.

Ramona is certified in the following:

- Active adults group cardio/weights exercise
- Silver Sneakers level 1
- Zumba Latin Fitness Exercise
- Arthritis Foundation Exercise Program

I am a professional dancer both in Hawaiian and Tahitians dances and Folk dances. I have performed in my early years in many places both domestic and international. I teach at several gyms including YMCA and Mount Laurel Community Center.

\*Bring with you 3 to 5 lb. weights and Most of all a Smile and lets have fun!! This is a low impact aerobics class you are free to go at your own pace.

## Low Impact Aerobics:

Instructor: Sue (Tuesdays 9:00a.m.-10:00a.m. and Thursdays 9:00a.m.-10:00a.m.)

Low impact Aerobics – Choreographed, easy to learn, low impact dance routines. Improved balance, coordination, and cardio- respiratory fitness can be achieved in this class! Your body will be strengthened and toned with the use of hand weights and dynabands. At the end of each work out you will relax and stretch. Sue will teach you the proper stretching techniques and relaxation exercises! Sue has been with the Mount Laurel Senior Center for almost 2 ½ years now. She is a certified fitness instructor along with Pilates and Country Line Dancing.

## Zumba Gold

Instructor: Ramona P. Shainheit (Friday 9:00 a.m. – 10:00 a.m.)

ZUMBA combines high energy and motivating music with unique moves and combinations that allow you to dance away your worries. It's based on the principle that a workout should be "FUN AND EASY TO DO". ZUMBA is not only great for the body, but is also great for the mind.

ZUMBA is a fusion of Latin and International music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. ZUMBA utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

A wonderful new program designed for the active senior or beginner. You can still enjoy the flavor of ZUMBA even if you have limited mobility or required the use of a wheelchair. ZUMBA Gold is also a great class for those who are in rehabilitation due to injury or those with physical handicaps. Many people find that ZUMBA Gold is a great class to use as a beginner or toning class.

## Mat Yoga

Instructor: Myrna Mandelbaum (Thursday 10:00a.m.-11:00a.m.)

Yoga can help you maintain your mental alacrity and increase your energy level. Just one yoga session can lift your spirits and brighten your day. If you have never tried yoga

before, you are in for a special treat with Myrna's gentle approach to yoga for seniors. Gentle mat yoga will teach you the basic techniques for yoga, breathing, stretching, and relaxation. Please bring yoga mat and water. Remember to wear loose clothing!

## *Creative Writing*

**Instructor: Eva Priestly**

(Wednesdays 1:00 p.m.-3:00 p.m. and Thursdays 1:00 p.m.-3:00 p.m.)

We write fiction and nonfiction – big stories and little ones, lots of memoirs, and poetry, too if you desire. Some work is assigned, but whoever does not like the assignment may write what he/she is more comfortable with. We write, read, and critique each other's work...and have a lot of fun! Several students have gotten their works published!!

I have been teaching the creative writing class since 2001. More than 50 of my articles and stories have been published in newspapers and magazines. I just finished my first book and sent it to a literary agency. When you miss one class you make it up in the other.

## *Beginners Computers*

Yvonne Tuesday 10:00 a.m.-11:00 a.m. and 11:00 a.m.-12:00 p.m.

This course is a broad introduction to the use of computers as tools for creativity, communications and organizing information. In addition to learning the technical fundamentals of computer use, we hope to help you build your skills in researching information, and using technology to help you learn on your own and pass your new skills on to others.

## *Bridge II*

**Instructor: Betty Eisenberg**

(Tuesdays 12:15 p.m.-3:00 p.m. and Fridays 9:30 a.m.-12:00 p.m.)

### **Bridge I and II**

Learn and play Bridge for pleasure. It is another form of socializing and entertainment. "Bridge players can't play bridge without each other!!" We need each other to talk about the game-and for stimulation and encouragement. For this reason, it gives you a sense of belonging! This class is flexible and is intended to cover areas of the game that are of interest to the players. Along the way - Friendship and Partnerships form and you will improve your game. Betty is a certified ACBL bridge teacher and director. There is a bridge lesson at every session and then we play bridge. Our main objective is to have fun – to improve – and to achieve!

## Quilting

Instructor: **Kay Baker** (Monday 10:00 a.m.–12:00 p.m.)

We make beautiful quilts from baby blankets to bedcovers. Fast modern techniques and tools speed the work! Beginners are welcome and will start with a small easy project. Experienced quilters will fit right in, as students work at their own pace with lots of individual attention from the instructor and support from the class. We also occasionally make group projects and charity quilts. (See out quilts in the all purpose room and the lobby) Kay Baker is an experienced quilter, group quilt coordinator, and teacher. Basic supplies needed include scissors, thread, needles and pins, seam ripper, marking tools, etc. Requirements for each project are different. The instructor will provide a more detailed list and demonstrate rotary cutting tools in class. Knowledge of the sewing machine is essential. This class is limited to 8 students per semester to provide closer instruction to each students needs.

## Piano

Instructor: **Jeanne Mount** (Thursdays 9:00 a.m. –12:00 p.m.)

Jeanne will instruct you in the following areas: Learning to read music, learning to apply this towards playing the piano, enjoying music by actively performing and playing a musical instrument, understanding the language of music. Jeanne has 35 years of experience teaching and her favorite song is “ Claire de Lune”! This class is limited 7 students per semester to provide closer instruction to each student.

## Fine Art

Instructor: **Anna Scull** (Thursdays 10:00 a.m. –12:00 p.m. and 1:00 p.m. - 3:30 p.m.)

Students are required to provide supplies need for this course. The level of ability is intermediate to advanced. Anna will be available through out the class to provide guidance if needed and will help you individually to improve your skills. This course is not limited to one medium. All mediums are welcome.

## *Duplicate Bridge Club*

Tuesday (12:15p.m.-3:30p.m.)

For those people who are interested in the game of Bridge.

We have two objectives.

1. We have set aside this time for “ walk-in” bridge players. Just come in and play bridge. We would love to have you join the group. This is a good way to gain more experience in playing the game – and at the same time we will try to give answers to any bridge questions you may have.

Quote- An ideal bridge player is someone who plays for the love of the game

2. Also- this is a good time for anyone who is curious about bridge and would like to be introduced to the game. We are offering beginner lessons- or review lessons. Our goal is to have you enjoy playing bridge.

## *Stained Glass Club*

Tuesday (10:00 a.m.-12:00p.m.)

Join the ongoing group of artists that are enjoying the art of stained glass. Take advantage of the space to spread out your supplies and indulge in some creative time. The artists attending the free class have all different skill levels and reasons for attending. Meet new friends and unleash your creative side!!

## *Rummikub Club*

Thursday (10:00 a.m. – 12:00 p.m.)

**Rummikub** is fast moving tile based game for two, three or four players. Please join us for fun, friendship and a challenge. We welcome anyone who is proficient in Rummikub. If you have your own set please bring it with you!

## *Knitting and Crocheting Club*

Instructor: **Trudy** (Tuesday 10:00 a.m. – 12:00 p.m.)

**Knitting** is a method by which thread or yarn may be turned into cloth. Knitting consists of loops called stitches pulled through each other. The active stitches are held on a needle until another loop can be passed through them. By hand, there are numerous styles and methods. **Crocheting** is a process of creating fabric from yarn or thread using a crochet hook. Crochet differs from knitting in that only one loop is active at one time. We are a social club with no fees. All of us enjoy knitting or crocheting. We all work on our own projects. All are welcome. We will help teach beginners, and extend help to with any project.

## *Book Club*

Instructor: **Phyllis & Mary** (second Monday of the Month 1:00 p.m.)

The discussion will be lead on a monthly basis. Our book discussion group will meet up to discuss a book or books that they have read and express their opinions, likes, dislikes, etc. This group will be lead by Phyllis who has provided a Book Discussion Group Schedule that you can pick up at the front desk that includes the dates, and reading material list, and book description for each month.

## *Open Art*

Tuesday, Wednesday, and Friday (12:00 p.m.-4:00 p.m.)

Join the ongoing group of artists that are enjoying Open Art. Take advantage of the space to spread out your art supplies and indulge in some creative time. Help is at hand if you want it, or you can tackle your own painting, drawing or other art projects. The artists attending the free class have all different skill levels and reasons for attending. Meet new friends, reconnect with old and unleash your creative side!!