

GREEN VALLEY RECREATION FALL COURSE CATALOG

October - December 2011

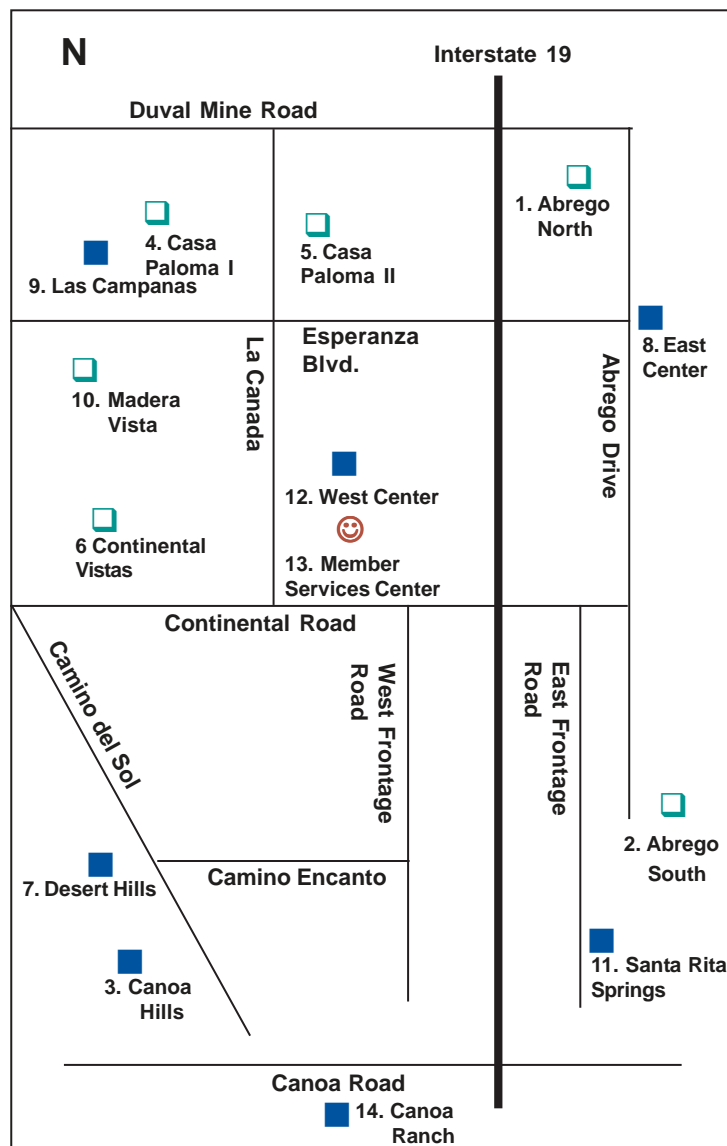
www.gvrec.org

***PROVIDING YOUR
PATHWAY TO
KNOWLEDGE!***

The Leader in providing recreation, education and social activities!
Registration begins Monday, September 12

■ Social Center □ Satellite Center

1. Abrego North
1601 N. Abrego Drive
2. Abrego South
1655 S. Abrego Drive
3. Canoa Hills Social Center
3660 S. Camino del Sol
Office - 625-6200
4. Casa Paloma I
400 W. Circulo del Paladin
5. Casa Paloma II
330 Calle del Banderolas
625-9909
6. Continental Vistas
906 W. Camino Guarina
7. Desert Hills Social Center
2980 S. Camino del Sol
Office - 625-5221
8. East Social Center
7 S. Abrego Drive
Office - 625-4641
9. Las Campanas
565 W. Belltower Drive
Office - 648-7669
10. Madera Vista
440 S. Camino del Portillo
11. Santa Rita Springs
921 W. Via Rio Fuerte
Office - 393-0360
12. West Social Center
1111 S. Via Arcoiris
Office - 625-0288
13. Member Services Center
1070 S. Calle de las Casitas
All Offices - 625-3440
14. Canoa Ranch Social Center
5750 S. Turquoise Mountain Dr.
Office - 547-3975



Major Social Center Office Hours Monday through Friday

Canoa Hills	8-11:30am, 12:30-4pm
Desert Hills	8am - 1pm
East Social Center	8-12:30pm, 1:30-4pm
Las Campanas*	8-11:30am, 12:30-4pm
Santa Rita Springs	8am - 1pm
West Center	8am - 1pm
Member Services Center	8am - 4pm

*Now open from 10am-2pm on weekends and holidays!

Board of Directors

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 John Knutsen - Vice President
 Ann Gillingham - Secretary
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Instructional Courses

Carolyn Hupp

Catalog Design by:

Shelly Jackson

Public Relations Representative



Our Mission: "To provide recreational, social and leisure education opportunities that enhance the quality of our members' lives".

Table of Contents

Major Social Center Office Hours	6	Introduction to the Clay Studio.....	13
Facility Abbreviations	6	Sculpture - Beginning to Classic.....	14
Registration Procedures	7	Wheel 101.....	14
Class Withdrawal and Refund Procedures	7	Wheel 102.....	14
Non-member Registration Policy	7	Dance Lessons	14
Arts & Crafts	8	All That Jazz.....	14
Bead Embroidered Cabochon #1.....	8	American Step Dance, Beginning Clogging.....	15
Beginning Italic Calligraphy.....	8	American Step Dance, Intermediate I Clogging....	15
Christmas Candy Wreath.....	8	American Step Dance, Intermediate II Clogging...	15
Creative Bead Workshop.....	9	Argentine Tango - Beginning.....	15
Desert Magic T-Shirts.....	9	Beginning Night Club Two - Step.....	15
Freeform Beaded Wire Work Pendant.....	8	Beginning Single Step Swing.....	15
Fun Chimes.....	9	Cowboy Cha Cha and Ten - Step.....	15
Holiday Extravaganza.....	10	Flamenco Basics for Beginners.....	15
It's Just Paint: Classic - Tuscan - Metallics.....	10	Hula Dance - Beginning.....	16
It's Just Paint: Suede - Rustic - Modern.....	10	Jazz - Beginner.....	14
Large Scale Slab Built Pottery.....	10	Line Dance for Dummies.....	16
Polymer Clay - Beginning.....	9	Line Dance Just for Fun.....	16
Polymer Clay - Intermediate.....	9	Line Dancing 1.....	16
Ruffled Bead Embroidered Cabochon #2.....	8	Line Dancing 2.....	16
Secrets of Glass Painting - Holiday Adventure.....	10	Line Dancing 3.....	16
Secrets of Wine Glass Painting.....	10	Modern Square Dancing.....	16
Shoe Painting.....	9	More Line Dance for Dummies.....	16
Techniques in Beadstringing.....	8	Tap - Beginner.....	14
Wire Working with Beads.....	8	Tap Intermediate/Advanced - Showgirls.....	16
Simple Spiral Bracelet.....	11	Tap - Intermediate Level.....	14
Techniques in Bead Weaving.....	11	Tap Technique - Advanced/Intermediate.....	17
Triangle Weave Bracelet.....	11	Food and Beverage	17
Wearable Art - Beginning.....	11	Cooking with Passion!.....	17
Cards & Games	11	Holiday Gifts and Goodies from Your Microwave	17
Beginning Bridge.....	11	How to Serve Tea.....	17
Opening 2 Clubs and Slam Bidding.....	11	More Soups.....	17
What is Mah Jongg?.....	11	Pasta and Sauces.....	17
Beginning Wright-Patterson Mah Jongg.....	12	Soups.....	17
Chess for Intermediate Level Players.....	12	Tomatoes.....	18
Chess - Learn How to Play.....	12	Health & Fitness	18
Chess Tactics for the Advanced.....	12	Aerobic Floor.....	18
Do Sudoku.....	12	Aerobics Perfect Interval.....	18
Euchre - Beginning to Intermediate.....	13	Arthritis Aqua Fitness.....	18
Mah Jongg for Beginners - National.....	12	Guts and Butts Challenge.....	18
Roulette - Overcome the Odds.....	13	Total Boost: A New Way.....	18
Ceramics	13	Balance and Posture.....	19
Ceramics, Beginning.....	13	Brain Aerobics.....	19
Clay & Sculpture	13	Chair Yoga.....	19
Artistic Skills - Sculpture.....	13	Pilates Mat Class.....	19
Hand Building for Beginners.....	13	Put Your Feet First!.....	19
		Yoga for Back Care - Continuing.....	20

Yoga for Beginners	20	Lapidary, Beginning.....	27
Yoga, Level I/II	20	Metal Forming Seminar	28
Yoga - Morning Salutations	20	Silversmithing.....	28
Yoga - To Restore and Relieve Stress	20	Silversmithing, Casting.....	28
Exercise - Fun and Fitness	21	Silversmithing, Precious Metal Clay (PMC).....	28
Gentle Yoga.....	23	Lectures.....	28
Hatha Yoga Saguaro - Level I.....	21	Music Lessons.....	29
Hatha Yoga Saguaro - Level II.....	21	Beginning Folk Guitar	29
Hoop Dance	21	Beginning Folk Guitar II.....	29
Intermediate Full Swing Golf Class.....	22	How to Play Piano by Ear.....	29
Intermediate Short Game Golf Class.....	22	Instant Guitar For Busy People.....	29
Introduction to Pickleball 101.....	22	Instant Piano for Busy People.....	29
Introduction to the Full Golf Swing.....	22	Painting & Drawing.....	30
Introduction to the Short Game.....	22	Basic Drawing Bootcamp Part I	30
Learn Relaxation - Meditation in One Day!	22	Basic Drawing Bootcamp Part II	30
Nutrition for Good Health.....	23	Carreras Workshop I: Understanding Color.....	31
Pilates on the Ball	23	Carreras Workshop II: Color in Painting.....	31
Step Intervals - Intermediate.....	23	Carreras Workshop III: The Art of Glazing.....	31
Tai Chi Wu Style - Beginning.....	23	Designing for Success.....	30
Tai Chi Wu Style - Continuing.....	23	Drawing Basics I.....	31
Therapeutic Yoga	24	Drawing for Fun.....	31
Yogacize.....	24	Drawing for Fun - Advanced	31
Yoga Flow	24	Drawing Out of Your Mind.....	32
Yoga I.....	24	Drawing Portraits in Graphite.....	30
Yoga II.....	24	Multiple Media - Fume Free	32
Zumba Gold	25	Oil Painting for Fun	31
Language Arts and Writing.....	25	Painting with Pastels.....	32
Anyone Can Have Fun Writing.....	25	Tempera-Ink Resist Workshop.....	32
Basic Sign Language.....	25	Watercolor for Fun	31
Conversational Sign Language	25	Watercolor Mini Marathon I	30
Español Practico I.....	26	Watercolor Mini Marathon II.....	30
Español Practico II.....	26	Your Creative Process	32
French Conversation	26	Special Interest.....	32
French I.....	26	Arizona Butterflies Part I: Swallowtails, Oranges	
French II.....	26	and Sulphurs	32
French III	26	Arizona Butterflies Part 2: Hairstreaks, Blues	
Italian II.....	26	and Metalmarks	33
Spanish - Basics	25	Arizona Butterflies Part 3: Brush-foots.....	33
Spanish - Elementary	25	Arizona Butterflies Part 4: Skippers	33
Spanish - Elementary II	26	Astronomy - Where are the Bright Stars and Planets?	34
Spanish - Intermediate	26	Bats, Bats, Bats	33
Write Your Life	27	Beginning Birdwatching	34
Lapidary.....	27	Bounteous Beetles.....	33
Basic Wire Wrap Jewelry Class	27	Caring for your Desert Landscaping.....	34
Beginning Chain Making.....	27	Communication is the Key.....	35
Introduction to Fusing Dichroic Jewelry	27	Computer Communications	35
Kumihimo	27	Earning Beginning Level Amateur Radio License	35

eBay 101: Sell Your Stuff Online at eBay and Other Sites	35
Facebook Made Simple.....	35
Facebook the Next Steps.....	35
Fiestas Mexicanas	36
Important Computer Tips for EVERYONE.....	36
Night Sky Cosmology.....	36
Night Sky Viewing.....	36
Oceanography from Space.....	36
Shakespeare I: Two Pairs of Lovers.....	36
Shakespeare II: Beginning and Ending.....	37
Shorebirds	33
The Dazzling World of Caterpillars	33
Turtles and Toads	34
Swimnastics.....	37
Tennis and Fitness Professionals.....	37
Trips and Tours.....	38
A Buzz to Bisbee Tour.....	38
Butterfly Magic and Gaslight Theatre	
Holiday Show.....	39
Canyon Lake Boat Tour on the Apache Trail.....	38
Mini-Time Museum, High Tea at Ventana Canyon and Chris Bubany Studio Tour.....	38
Musical Instrument Museum and	
Frank Lloyd Wright's Taliesin West Tour.....	39
Shop! Shop! Shop! Scottsdale Fashion Square Mall and IKEA Shopping Tour	38
What's Happening This Fall.....	39

New Classes This Fall!

Bead Embroidered Cabochon #1
Ruffled Bead Embroidered Cabochon #2
Freeform Beaded Wire Work Pendant
Christmas Candy Wreath
Polymer Clay - Intermediate
Shoe Painting
Fun Chimes
Large Scale Slab Built Pottery
Holiday Extravaganza
Secrets of Class Painting - Holiday Adventure
Secrets of Wine Glass Painting
Techniques in Bead Weaving
Triangle Weave Bracelet
Simple Spiral Bracelet
Opening 2 Clubs and Slam Bidding
Do Sudoku
Beginning Night Club Two-Step
Cowboy Cha-Cha and Ten-Step
More Soups
Pasta and Sauces
Aerobics Perfect Interval
Hoop Dance
Introduction to the Full Golf Swing
Intermediate Full Swing Golf Class
Introduction to the Short Game
Intermediate Short Game Golf Class
Nutrition for Good Health
Step Intervals - Intermediate
Therapeutic Yoga
Beginning Folk Guitar II
Carreras Workshop I - Understanding Color
Carreras Workshop II - Color in Painting
Carreras Workshop III - The Art of Glazing
Your Creative Process
Bounteous Beetles
Shorebirds
Turtles and Toads
Facebook Made Simple
Facebook the Next Steps
Computer Communications
eBay 101: Sell Your Stuff Online at eBay and Other Sites

Major Social Center Office Hours

The following major social center offices are open Monday through Friday from 8am to 4pm. Members may purchase tickets, register for programs, or obtain guest or tenant cards at any of these offices. You may want to keep the following schedule handy for easy reference.

Canoa Hills Social Center – 625-6200
3660 S. Camino del Sol –
(Closed 11:30am to 12:30pm)
Las Campanas Recreation Center – 648-7669
565 W. Belltower Drive –
(Closed 11:30am to 12:30pm)
(Open weekends and holidays from 10am to 2pm)
East Social Center – 625-4641
7 South Abrego Drive
(Closed 12:30pm to 1:30pm)

The following major social center offices are closed for the summer and will reopen on Monday, October 17, 2011. Office hours are from 8am to 1pm. Members may purchase tickets, register for programs, or obtain guest or tenant cards at any of these offices.

Desert Hills Social Center – 625-5221
2980 S. Camino del Sol
Santa Rita Springs – 393-0360
921 W. Via Rio Fuerte
West Social Center – 625-0288
1111 S. Via Arcoiris –

Remember, Las Campanas is also open on weekends and holidays from 10am-2pm. Now you can register for classes or purchase tickets seven days a week.

Please note: The Member Services Center, located at 1070 Calle de las Casitas, is open from 8am to 4pm Monday through Friday. If you would like to obtain a membership card or if you have any questions regarding your dues, please contact our office at (520) 625-3440 extension 7220.



Looking for something new?

This symbol identifies the latest additions to our Fall Catalog selection. We are pleased to be offering a variety of new classes, as well as continuing favorites. Remember, members may now register online. Please visit us at www.gvrec.org.

Facility Abbreviations

ABN	Abrego North
ABS	Abrego South
CP1	Casa Paloma 1
CP2	Casa Paloma 2
CH	Canoa Hills
CR	Canoa Ranch
CV	Continental Vista
DH	Desert Hills
LC	Las Campanas
MV	Madera Vista
SRS	Santa Rita Springs
WC	West Center
ACAC	Acacia Room
AGAV	Agave Room
AMADO	Amado Room
ANZA	Anza Room
ART	Art Room
AUD	Auditorium
BILL	Billiards Room
CER	Ceramics
CTWD	Cottonwood Room
CRUZ	Santa Cruz Room
CYPR	Cypress Room
EC	East Center
FSTA	Fiesta Room
GAME	Game Room
HAND	Handbuilding
IRWD	Ironwood
JNPR	Juniper Room
KITCH	Kitchen
LAP	Lapidary
LNGE	Lounge
MNTY	Monterey Room
MSQT	Mesquite Room
OCOT	Ocotillo Room
PARK	Parking Lot
PVR	Palo Verde Room
REC	Recreation Room
RM1	Room 1
RM2	Room 2
RMA	Room A
RMB	Room B
RMC	Room C
SAG	Saguaro Room
SCPT	Sculpture Room
STU	Studio
TC	Tennis Courts
WHL	Wheel Room

Registration Procedures

GVR Now Offers FOUR Convenient Ways to Register!



On-Line

Online registration will begin at 8am on Monday, September 12th. Remember, you must have your GVR number and PIN available in order to access your account online. Below are some basic steps to help you with the process:

1. Visit us at www.gvrec.org, and click the “Online Registration” tab at the top right of the screen
2. Once inside the system, simply follow the instructions to access your account and register for classes.
3. GVR uses a third party to handle transactions, and members will be charged a "convenience fee" for this service. The fee is a percentage of the total.

There is a “Help Desk” available online should you need further assistance. Classes that offer discounted fees for multiple registrations are not available for online registrations.



Walk-In

Walk-in registration begins at 8am on Monday, September 12th at all open major social centers. Please bring your completed registration form (along with payment) and your GVR card.



Mail-In

Members may mail in their registration forms as soon as class catalogs are available; however, mail-in registrations will not be processed until after the initial walk-in traffic has been accommodated. Please fill out the form completely and include payment. Be sure to include a current telephone number where you may be reached if necessary. Mail your registration and payment to: Green Valley Recreation, Inc., Attn: Recreation Department Class Registrations, PO Box 586, Green Valley, AZ 85622. Please do not send cash through the mail!



Phone-In

Registrations will be accepted over the phone beginning at 8am on Tuesday, September 13th at all open Major Social Center offices. Please provide your name, GVR number and the course number(s) you are interested in. We accept Visa and MasterCard credit and debit cards.

- Early registration is encouraged. GVR contacts instructors several days prior to the class start date to notify them of registration numbers. By registering early, we are able to give instructors an accurate count, and possibly avoid cancellation due to low enrollment.
- Please completely fill out the registration form. Use a separate registration form for each person.
- For your convenience, we accept cash, checks, and credit/debit cards (Visa and Mastercard). Please do not send cash through the mail.
- Mail-in registrations: If a class you are registering for is full, you will automatically be placed on a wait list and

contacted. We will either return your check, or credit the difference (if you are registering for multiple classes). Please do not attend the class unless you are notified by a GVR staff member that there is an opening.

Class Withdrawal and Refund Procedures

- Classes may be cancelled by GVR due to lack of enrollment, instructor illness, or other unforeseen circumstances. If a class you are enrolled in is cancelled, we will notify you immediately and you will be given the opportunity to change to another class, or you will receive a full refund.
- Full refunds will be issued on any class if registration is cancelled by the member five (5) business days prior to the class start date. Those wishing to withdraw four (4) or less business days prior to the class start date (not including the day the class meets) will receive a refund, minus a \$5 withdrawal fee for each class. Refunds will not be offered the day the class starts.
- If you are unable to attend a class you have registered for, please notify GVR as soon as possible. This allows us to accommodate members on a waiting list.
- In the event that a class you are interested in is full, you may choose to be placed on a waiting list and notified by a GVR staff member if a spot becomes available.
- If you paid by cash or check, you will receive a refund check in the mail. If you paid with Visa or MasterCard, the refund amount will be credited back to your card.
- Please allow up to fifteen (15) business days for your refund to be processed.

Non-member Registration Policy

Welcome to Green Valley Recreation. We hope you enjoy your learning experience with us. Please remember, our goal is to offer leisure, social and educational classes that will expand your knowledge and talent to levels higher than you ever thought possible! We offer knowledgeable and friendly staff and instructors, state-of-the-art equipment, and classrooms to make your learning experience most enjoyable. Courses in Ceramics, Clay Studio and Lapidary are unavailable to non-members.

For non-GVR members:

- Registration must be completed in person at a major social center office (see page 6 for office hours and locations).
- Registration opens two weeks prior to the start date of the course. Please note that not all courses are available to non-members and many courses fill quickly.
- The course fee is \$10 higher for non-GVR members.
- Non-members will receive a “Class Pass” upon registration and must acknowledge, in writing, that they will adhere to GVR policies and procedures while attending courses.
- Pre-registration is required (no drop-ins).

Arts & Crafts

Bead Embroidered Cabochon #1

Stitch a bezel around a stone cabochon using beads, needle and thread then finish as pin or pendant. This is a good beginning class as it teaches the basic stitch, simple embellishment and my own finishing technique. Project should be completed in class however minimal finishing work may be required on your own. All materials are supplied and no experience is necessary. Material fee of \$20 is payable to instructor at beginning of class. SUPPLY LIST given at registration.

Instructor: Annelle Fletcher

Fee: Member \$30/Non-member \$40 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23843	10/8	Sa	12-4PM	LC-CTWD

Ruffled Bead Embroidered Cabochon #2

This class builds on Cabochon #1 class using different stitching techniques. You will learn new stitches while stitching the bezel and ruffle. Project can be finished as pin or pendant. Cabochon #1 class is not a pre-requisite but it is recommended taking that class first. Project should be completed in class however minimal finishing work may be required on your own. All materials are supplied. Material fee of \$23.00 is payable to instructor at beginning of class. SUPPLY LIST given at registration.

Instructor: Annelle Fletcher

Fee: Member \$35/Non-member \$45 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23842	11/12	Sa	12-4PM	LC-CTWD

Freeform Beaded Wire Work Pendant

Use beads to fill a wire frame you make in class, then craft a bail to complete creating a beautiful pendant that is ready to wear. Project should be completed in class however minimal finishing work may be required on your own. All materials are supplied and no experience is necessary. Material fee of \$25 is payable to instructor at beginning of class. SUPPLY LIST given at registration.

Instructor: Annelle Fletcher

Fee: Member \$35/Non-member \$45 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23844	12/3	Sa	12-4PM	LC-CTWD

Beginning Italic Calligraphy

A lively, fun and versatile alphabet for everyday writing or that special occasion. This skill is good for greeting cards, poems, invitations, etc. Material fee approximately \$10 for paper ordered in class. SUPPLY LIST given at registration.

Instructor: Janet Brumback

Fee: Member \$60/Non-member \$70 Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23848	11/7-12/12	M	9:30AM-12PM	EC-ART

Christmas Candy Wreath

Create a wreath wired with all your favorite candies and scissors to snip off the goodies. Great for an office party, gym buddies (perhaps sugar-free) or the grand kids. Other size frames are available for purchase. Material fee \$10 paid to instructor includes all supplies.

Instructor: Karen Jones

Fee: Member \$15/Non-member \$25 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23970	11/3	Th	9-11AM	LC-IRWD
23971	11/16	W	1-3PM	LC-IRWD

Techniques in Beadstringing

The classes offered are a series of three classes; techniques is the first. Learn to knot between beads, simple stringing and multi-strands. Learn when to use silk or nylon threads, wire or chain, depending on the type of beads. Learn to make durable, long-lasting and marketable jewelry. It is highly recommended that members take the Bead working Classes in sequence. You do not complete anything in this class except knowledge to complete projects on your own. Take all three classes in the series and you will be able to create a variety of beautiful jewelry. Bring a lunch or snack, shoe box lid and note pad.

Instructor: Shannon Harrison

Fee: Member \$40/Non-member \$50 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23632	10/13	Th	10AM-2PM	MV-REC
23633	11/3	Th	10AM-2PM	MV-REC
23634	12/1	Th	10AM-2PM	MV-REC

Wire Working with Beads

This is the second class in the bead series. Learn the art of wire wrapping with beads to create earrings, necklaces, bracelets and anklets. Create your own clasps, Rosaries, eye glass chains and much more (this is not a stone-wrapping class). We recommend taking the Beadworking Classes in sequence. Creative Bead Workshop follows this class. Bring a lunch or snack, shoe box lid and note pad. Call instructor for more information and supply list PRIOR TO CLASS: 323-7978.

Instructor: Shannon Harrison

Fee: Member \$40/Non-member \$50 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23641	10/20	Th	10AM-2PM	MV-REC
23642	11/10	Th	10AM-2PM	MV-REC
23643	12/8	Th	10AM-2PM	MV-REC

Creative Bead Workshop

This is the third class in the series. In this class, you can use the knowledge you gained in the basic and wire wrapping courses to work on and complete your more difficult projects with instructor assistance. Call instructor PRIOR TO CLASS for more information and a supply list: 323-7978. Bring a lunch or snack. Supply list depends on desired projects. It is recommended, but not a prerequisite, to take the Beadworking Classes in sequence.

Instructor: Shannon Harrison

Fee: Member \$40/Non-member \$50				Classes: 1
CR#	DATES	DAY	TIME	LOCATION
23645	10/27	Th	10AM-2PM	MV-REC
23646	11/17	Th	10AM-2PM	MV-REC
23647	12/15	Th	10AM-2PM	MV-REC

Desert Magic T-Shirts

Take a black T-shirt, make a stencil, add a bleach solution and produce a one of a kind "Magic" T-shirt. Learn how to make shirts for yourself or gifts for all ages and genders using a discharge dye process. This is truly a sensational project. This is a class for anyone, and has no prerequisite. Materials to bring: A black cotton T-shirt (at least 95% cotton), an apron or old clothes for protection, and rubber gloves if you are sensitive to bleach. Cost of class includes all other materials.

Instructor: Susanne Phillips

Fee: Member \$27/Non-member \$37				Classes: 1
CR#	DATES	DAY	TIME	LOCATION
23853	10/29	Sa	9AM-12PM	MV-REC

Polymer Clay - Beginning

Polymer clay is an exciting hobby that allows you to explore your artistic talents in an easy medium at home. Learn how to work with polymer clay, the different types (Fimo, Sculpy, Kato and Premo), the tools available and how to use them, how to mix colors, make a skinner blend, jellyroll, bullet cane, milefori canes, to roll different sizes and shapes of beads, to create texture, and imitation stone looks such as turquoise, or jade. Learn how to make your own beads and embellishments for jewelry, gourd decoration, and home decoration. All baking of beads will be done by class participants at home. Material fee \$25 paid to instructor at class. SUPPLY LIST given at registration. Bring a sack lunch and beverage.

Instructor: Susanne Phillips

Fee: Member \$55/Non-member \$65				Classes: 3
CR#	DATES	DAY	TIME	LOCATION
23849	10/24-11/7	M	8:30AM-2:30PM	CPII-REC

Polymer Clay - Intermediate

Polymer clay is an exciting hobby that allows you to explore your artistic talents in an easy medium at home. Prerequisite, completion of beginners class or basic knowledge of Polymer Clay. This is the second in the series, and we will learn how to build on the skills we learned in the beginning class to produce more intricate canes including how to make and use Mokume Ganes. We will learn to use the extruder to produce faces and intricate canes to make flowers and brooches as well as how to add inclusions and many mixed-media enhancements, texture plates and stamps. All baking of beads will be done by class participants at home. Material fee of \$25 paid to instructor at class. SUPPLY LIST given at registration. Bring a lunch and beverage.

Instructor: Susanne Phillips

Fee: Member \$55/Non-member \$65				Classes: 3
CR#	DATES	DAY	TIME	LOCATION
23850	11/21-12/5	M	8:30AM-2:30PM	CPI-REC

Shoe Painting

This is an exciting new class which will teach you how to transform your new or old shoes into a one of a kind art showpiece. This is the newest trend in recycling. You will learn how to clean and prep the shoes, how to choose color and design, what the best products are available, and how to protect and preserve the shoe. Bring one or 2 pair of shoes/boots (preferably leather but can be canvas or man made material). Wear old clothes and bring latex surgical gloves if desired. Material fee \$25 Includes paints, brushes, and other tools paid to instructor at class.

Instructors: Susanne Phillips and Vickie Joy

Fee: Member \$40/Non-member \$50				Classes: 2
CR#	DATES	DAY	TIME	LOCATION
23851	11/1-8	Tu	1-4PM	CPII-REC
23852	12/13-15	Tu,Th	1-4PM	CPII-REC

Fun Chimes

Learn to shape and bend copper and colored wire into creative forms adding glass beads and a bell to create a unique hanging Fun Chime that won't annoy your neighbor. You will learn to use wire bending pliers and jigs to create basic wire wrapped glass as well as Celtic knots and spirals and marble cages to embellish your creation. No prior beading or wire wrapping experience necessary. This is not a jewelry wire wrapping class. If you have questions about required pliers, please call the instructor at 399-9133. SUPPLY LIST given at registration. Material fee of \$20 collected first day of class for all wire, beads and bell.

Instructor: Linda Touzeau

Fee: Member \$30/Non-member \$40				Classes: 2
CR#	DATES	DAY	TIME	LOCATION
23580	11/4-11	F	12-4PM	MV-REC

Large Scale Slab Built Pottery

Hand building pottery using slabs of clay is an exciting way to quickly produce shapes that could never be churned out using a potter's wheel or that would be difficult to achieve even with coiling. Come and create your own large, slab-built pot. You'll start with 25 pounds of clay and endless possibilities. You'll end up with a beautiful unique piece that's all your own. Prerequisite: Intermediate to advanced skill level. This class is not appropriate for the beginner. Firing fee \$20 (if not a Studio Member). SUPPLY LIST given at registration. Class dates: Dec. 2, 9 & 21.

Instructor: Linda Touzeau

Fee: Member \$45/Non-member \$55

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
23579	12/2-21	F,W	12-4PM	MV-REC

Holiday Extravaganza

In just two fun sessions you can choose to hand paint some Christmas bulbs, ceramic ornaments or Christmas knick knacks. Great for gift giving! My "Cheater Method" of how to paint like a real artist will help you create projects you will be proud of. I can help you personalize them if you want. Material fee \$10 paid to instructor at first class includes everything you will need to create two projects.

Instructor: Marie Stickford

Fee: Member \$36/Non-member \$46

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23977	11/7-14	M	2-4PM	EC-ART

Secrets of Glass Painting - Holiday Adventure

Create some fun and wonderful Christmas or Hanukkah Holiday Projects. Serving plates, vases, sugar bowls and more. Learn my "Cheater Method" of painting on glass. In just two fun filled sessions you will learn how to create great hand painted items for you or gift giving. They can even be personalized! Several glass pieces to choose from. Material fee \$10 paid to instructor at first class includes all supplies including glassware.

Instructor: Marie Stickford

Fee: Member \$36/Non-member \$46

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23976	12/5-12	M	2-4PM	EC-ART

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, THE COURSE MAY BE CANCELLED. REGISTER EARLY!

Secrets of Wine Glass Painting

Create your own lovely set of hand painted wine glasses! In just two fun sessions you create two wine glasses and learn my "Cheater Method" of how to continue to create great hand painted glasses for you or gift giving. I can help you personalize them if you want. They make great gifts, especially for weddings or anniversaries. Material fee \$10 paid to instructor at first class includes all supplies including wine glasses.

Instructor: Marie Stickford

Fee: Member \$36/Non-member \$46

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23975	10/10-17	M	2-4PM	EC-ART

It's Just Paint: Classic - Tuscan - Metallics

In just one session, learn a fast and easy method to enhance your Tuscan/Old World or Shabby Chic decor. Your neighbors will think you spent thousands. Our secret will be that a special roller created this look. This same roller does a stone-like look such as marble, travertine or granite - and it's just paint! Discover the secret to having walls look "aged" and how to make faux tile. Take home samples of each look. Visit twistonwalls.com. and justonceclasses.com. Course fee discounted if taking two Faux classes same day. A \$29 required kit includes a custom roller, split tray pan and DVD. If you have attended before, bring your old kit. Bring a paint shirt. This course unavailable for online registration.

Instructor: Linda Coffman

Fee: Member \$30/\$25/Non-member \$40/\$35

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23695	10/29	Sa	9:30AM-12PM	EC-ART

It's Just Paint: Suede - Rustic - Modern

Want to achieve a soft blend of colors on your wall? There is an easier, faster way than ragging or sponging by using a special wool roller and glaze. Come and learn from a professional faux painter, who shows beginners "ulcer-free" ways to having an office look like leather, how to have Western or Southwestern walls, contemporary and children's rooms. Learn how "dry brushing" can change "ordinary" to "rustic". Bring a paint shirt. Warning: your neighbors may ask you to do their walls! Course fee discounted if taking two Faux classes same day. A required materials fee of \$29 will be collected in class for the painting kit (including a DVD). If you attended the Metallics/Tuscan/Granite class, you still need this kit as it has a different roller and DVD. This course unavailable for online registration.

Instructor: Linda Coffman

Fee: Member \$30/\$25/Non-member \$40/\$35

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23696	10/29	Sa	1-3:30PM	EC-ART

Techniques in Bead Weaving

This is a beginning workshop for new Bead Weavers. Students learn a basic peyote stitch and how to attach a button/toggle closure. Thread choices, adding and knotting thread, bead types and numerous other tips will be discussed. This is a prerequisite for future weaving classes. Future beading classes will require Fire Line beading Thread. This can be purchased at Jay's of Tucson, or instructor will have for purchase. Most materials supplied, material fee of \$18 paid to instructor at class. SUPPLY LIST given at registration.

Instructor: Jackie Knight

Fee: Member \$35/Non-member \$45 Classes: 1
CR# DATES DAY TIME LOCATION
 23845 10/15 Sa 12-4PM LC-CTWD

Triangle Weave Bracelet

This pattern makes a beautiful bracelet, along with a creative picot trim. There will be a variety of colors to choose from. This project may require minimal finishing work at home. Prerequisite - Techniques in Bead Weaving. Material fee of \$23 payable to instructor at class includes beads, but not Fireline Beading Thread which can be purchased at Jay's of Tucson or purchased from instructor. SUPPLY LIST given at registration.

Instructor: Jackie Knight

Fee: Member \$35/Non-member \$45 Classes: 1
CR# DATES DAY TIME LOCATION
 23846 11/19 Sa 12-4PM LC-CTWD

Simple Spiral Bracelet

The spiral Stitch is a great way to use beads of different shapes, sizes and colors to create a whimsical bracelet! You will learn which beads are good for core beads along with which beads fit together for spiraling. This project may require minimal finishing work at home. Prerequisite, Techniques in Beadweaving. Material fee \$25 paid to instructor at class includes all materials except Fireline Beading Thread. SUPPLY LIST given at registration.

Instructor: Jackie Knight

Fee: Member \$40/Non-member \$50 Classes: 1
CR# DATES DAY TIME LOCATION
 23847 12/10 Sa 12-4PM LC-CTWD



Wearable Art - Beginning

Embellish your home or clothing learning how to paint on fabric. You will learn how to prepare your material and design. Students will paint on white or light colored cotton with a choice of two designs. Material fee of \$15.00 paid to instructor, includes paints and brushes. Please bring a pen and apron to protect clothing. Students should call 648-7242 for any questions. Samples of design are available for viewing on Thursday afternoons at Arts & Craft Room, Desert Hills. SUPPLY LIST given at registration.

Instructors: Rosie Gerszewski and Judy Harris

Fee: Member \$25/Non-member \$35 Classes: 1
CR# DATES DAY TIME LOCATION
 23756 11/17 Th 9:30AM-12PM DH-ART

Cards & Games

Beginning Bridge

Learn the basics of playing bridge. This is a class for new players and those coming back to bridge who want to learn modern methods. Each class will have a lesson and related play of hand. \$8 for book paid to instructor at first class. No class 11/23.

Instructor: Bill Hackbarth

Fee: Member \$65/Non-member \$75 Classes: 6
CR# DATES DAY TIME LOCATION
 23592 11/2-12/14 W 9:30AM-12PM LC-CTWD

Opening 2 Clubs and Slam Bidding

This class is NOT for beginners!. You will learn bidding high point hands, 2 club systems, 2 no trump hands and slam bidding, stressing play of the hand.

Instructor: Bill Hackbarth

Fee: Member \$60/Non-member \$70 Classes: 5
CR# DATES DAY TIME LOCATION
 23683 11/1-29 Tu 9:30AM-12PM LC-CTWD

What is Mah Jongg?

Perhaps you've heard talk about the ancient Chinese game called Mah Jongg, and have wondered what it is and whether you'd like it. So where do you start? Should you take a class and, if so, which class? Do you need a Mah Jongg set and/or a partner? Bring your questions to this short workshop to help you decide what to do.

Instructor: Lois Wilhelm

Fee: Member \$7/Non-member \$17 Classes: 1
CR# DATES DAY TIME LOCATION
 23583 12/15 Th 9-10AM LC-ACAC

Classes start October 1st!

Register today!!

Beginning Wright-Patterson Mah Jongg

Learn a game for years of enjoyment with new friends. First class we will discuss the Mah Jongg set, basic terminology and Wright-Patterson specific terminology, plus game preparation rules and practice. The remaining classes will include a short review, additional terminology and rules, plus increasingly advanced play. The small class size and personalized assistance provide a non-threatening learning experience. First class, bring \$5 cash (no checks) for required current Rules Book, \$5 cash for optional current Visual Aid Book.

Instructor: Lois Wilhelm

Fee: Member \$60/Non-member \$70 Classes: 6
CR# DATES DAY TIME LOCATION
 23582 10/13-11/17 Th 9AM-12PM LC-ACAC

Mah Jongg for Beginners - National

This is an introductory course to the popular game of Mah Jongg. A National Mah Jongg League card is needed and will be available from the instructor at a cost of \$7 during the first class meeting. Beginners should plan to attend the first two sessions to learn the basics of playing National (American) Mah Jongg.

Instructor: Jane Andrews Hedden

Fee: Member \$60/Non-member \$70 Classes: 6
CR# DATES DAY TIME LOCATION
 23769 11/28-12/15 M,Th 9-11:30AM EC-GAME

Chess - Learn How to Play

No prior knowledge of chess is necessary for this beginning class. Chess combines relaxation with true intellectual exercise. For the many who try to learn on their own but often fail, this class will provide a way to learn the game that will avoid discouragement and spending unnecessary time and effort with poor results. Try it - you'll like it! Supplies required: a chess set and board which will be discussed at first class. Men and women welcome.

No class 11/23.

Instructor: Jimmie Howard Clark

Fee: Member \$35/Non-member \$45 Classes: 9
CR# DATES DAY TIME LOCATION
 23584 10/5-12/7 W 6-8PM EC-GAME

Chess for Intermediate Level Players

A playing knowledge of Chess or completion of the Beginning Chess class is required for this class. Intermediate students often wonder which pieces to move in the opening or middle game, having little knowledge of chess fundamentals. Most chess books discuss what to learn but say little about the method of learning. Visualizing the entire board is essential. A chess player can progress only by coordinating study with practice. This course is designed to take you past the elementary stage in chess by teaching you basic strategic and tactical fundamentals. Supplies required: a Staunton design chess set and board. Men and women welcome.

Instructor: Jimmie Howard Clark

Fee: Member \$40/Non-member \$50 Classes: 10
CR# DATES DAY TIME LOCATION
 23585 10/3-12/5 M 6-8PM EC-GAME

Chess Tactics for the Advanced

This course is for players with a good understanding of Chess or who have completed the Chess for Intermediate Level Player class and are striving to improve and reach a higher level. Learning middle game tactical techniques, including combinations, is an efficient way to rapidly improve your chess play. The method used will present certain fundamental challenges to the student. We will then repeatedly combine new ideas with familiar ones, thereby broadening the student's knowledge while simultaneously reinforcing previous knowledge. Men and women welcome. Supplies required: a Staunton design chess set and board. No class 11/24.

Instructor: Jimmie Howard Clark

Fee: Member \$45/Non-member \$55 Classes: 10
CR# DATES DAY TIME LOCATION
 23586 10/6-12/15 Th 6-8PM EC-GAME

Do Sudoku

How to start Sudoku, if you can't get a "live one", go for a "double"! Instructor teaches "easy" and "medium" levels. Everyone will go at different speeds, but we will start together with "easy". Work Sudoku every day! SUPPLY LIST given at registration.

Instructor: Paula Bowman

Fee: Member \$40/Non-member \$50 Classes: 4
CR# DATES DAY TIME LOCATION
 23935 10/3-12 M,W 9-10AM CPI-REC
 23936 11/7-16 M,W 8-9AM CPI-REC
 23937 12/5-14 M,W 9-10AM CPII-REC



Euchre - Beginning to Intermediate

Euchre is one of the best strategic card games. Only 5 cards are used per player but the possible combinations of plays are infinite. Once Euchre is learned, it is a wonderful pastime.

Instructor: Paul McCreary

Fee: Member \$35/Non-member \$45

CR#	DATES	DAY	TIME
23995	10/20-27	Th	1-2PM

Classes: 2
LOCATION
EC-GAME

Roulette - Overcome the Odds

The instructor explains the whys and wherefores of a roulette system that proves to work about 80% of the time. The math and logic are explained, then the students practice for the rest of the time.

Instructor: Paul McCreary

Fee: Member \$35/Non-member \$45

CR#	DATES	DAY	TIME
23996	11/3-10	Th	1-3PM

Classes: 2
LOCATION
EC-GAME

Ceramics

Ceramics, Beginning

This course is a prerequisite for joining the Ceramics Club. Students will learn how to prepare Greenware, bisque, apply undercoats and glazes, along with other techniques. Students will complete 3 projects, included in the materials fee, to take home. Materials fee of \$25 is payable to the Ceramics Club and due on the first day of class. Students must be able to attend all 6 classes. Please bring notepad, pen and apron to protect clothing.

Instructors: Sandy McCartney and Deb Mulhall

Fee: \$40

CR#	DATES	DAY	TIME
23916	10/14-11/18	F	8:30-11:30AM

Classes: 6
LOCATION
DH-CER

Find A Mistake?



It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.

Clay & Sculpture

Introduction to the Clay Studio

This class is required for Clay Studio membership.

Upon successful completion of all four classes, studio membership will be available to you. You will learn the properties of clay and create several projects - from raw clay to a finished, glazed item. The amazing world of hand building, wheel throwing and sculpture with clay will be opened to you. Proper use of studio equipment and safety issues will also be taught. Be prepared for an energetic and fun filled experience. The \$10 supply and firing fee is to be paid to the instructor the first day of class. Tools and clay are provided for use during the class periods. Bring a pencil and an apron or wear old clothing.

Fee: \$35

CR#	DATES	DAY	TIME
23952	10/3-24	M	12-4PM

Classes: 4
LOCATION

Instructor: Jane M. Ercolani

23952 10/3-24 M 12-4PM

SRS-HAND

Instructor: Patti Robson

23951 11/7-28 M 12-4PM

SRS-HAND

Instructor: Jane M. Ercolani

23949 12/5-26 M 12-4PM

SRS-HAND

Artistic Skills - Sculpture

Experience your clay abilities creating a masterpiece under Lupe's guidance. You will create an animal or human figure; realistic or abstract. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Purchase paper clay in studio at first class. Bring own tools or purchase in clay studio.

Instructor: Guadalupe De La Torre

Fee: \$60

CR#	DATES	DAY	TIME
23660	10/7-28	F	8:30AM-12PM
23661	11/4-25	F	8:30AM-12PM
23662	12/2-23	F	8:30AM-12PM

Classes: 4
LOCATION

SRS-SCPT

SRS-SCPT

SRS-SCPT

Hand Building for Beginners

So you finished the Introduction to the Clay Studio class and want to learn more? This class is for you! Learn the necessary skills in hand building, working with slabs, coils and molds. This class teaches many different techniques while making fun projects which include a lizard, leaf bowl, coil vase, 3-D animal, sun face, bottle, and a tumbler. All pieces will be glazed. You will need to spend additional time outside of class time on projects. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Only studio members may work outside of class time in studio. Supplies: 25# bag of paper clay, small covered container for slip, ruler and clay tools. All clay must be purchased at the Clay Studio.

Instructor: Dorrie Roman Fee: \$60

CR#	DATES	DAY	TIME
23961	10/27-11/17	Th	8:30AM-12PM

Classes: 4
LOCATION

SRS-HAND

Sculpture - Beginning to Classic

Sculptural studies of the human face or figure, animals, or abstracts, in the round or relief. Emphasis is on anatomy, proportions, originality and art principals. Books, charts and videos are studied. Purchase choice of clay first day of class. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies: basic sculpture tools, Los Altos clay, oil clay or wax; the latter two must be cast at a bronze foundry. Los Altos Clay (which must be purchased at the Clay Studio) is hollowed out, dried and kiln fired at our studio. No class 11/23.

Instructor: Marie Hartman	Fee: \$60	Classes: 4		
CR#	DATES	DAY	TIME	LOCATION
23953	10/5-26	W	8:30AM-12PM	SRS-SCPT
23954	11/2-30	W	8:30AM-12PM	SRS-SCPT
23955	12/7-28	W	8:30AM-12PM	SRS-SCPT

Wheel 101

This class is an introduction or reintroduction to the fundamental techniques necessary to center a piece of clay and create basic forms on the potter's wheel. After you are comfortable with forming a cylinder, we will explore several fun projects, such as: bowls, a wide bottom pot and plates, Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies needed: Soldate 60 clay, cutoff wire, wood and rubber rib, needle tool, small sponge and a wood modeling tool. Supplies can be purchased at the Clay Studio. All clay must be purchased at the Clay Studio.

Fee: \$55	Classes: 4			
CR#	DATES	DAY	TIME	LOCATION
Instructor: Kent Amerman				
23941	11/8-29	Tu	12-4PM	SRS-WHL
Instructor: Nancy Child				
23942	12/6-27	Tu	9AM-1PM	SRS-WHL

Wheel 102

This is a continuation of Wheel 101 or maybe you want to refresh your memory after being away from the wheel for a while. We will still constantly stress good basic techniques for centering and pulling a cylinder as each student finds their individual comfort zone. We will move on at a comfortable pace to discover techniques that will allow us to form interesting and useful ceramic forms, such as: wide bottom jug, small and large bowls, plate and platter, skinny neck bottle, one and two piece chip dip platter, mugs and jugs with handle and a container with lid and trimming. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies needed: Soldate 60 or B-mix with grog clay and basic wheel tools. Supplies can be purchased at the Clay Studio. All clay must be purchased at the Clay Studio.

Instructor: Kent Amerman	Fee: \$55	Classes: 4		
CR#	DATES	DAY	TIME	LOCATION
23945	12/8-29	Th	12-4PM	SRS-WHL

Dance Lessons

All That Jazz

Jazz is a fun way to add style and movement to dance. Stretch and tone your body and get aerobic exercise while you dance. This is an ongoing class for those who have taken Charese's classes or who have previous jazz experience.

Instructor: Charese Kelly

Fee: Member 3 classes \$24, 4 classes \$32, 5 classes \$40

Non-member 3 classes \$34, 4 classes \$42, 5 classes \$50

CR#	DATES	DAY	TIME	LOCATION
23377	10/3-31 (5)	M	11:30AM-12:30PM	SRS-CRUZ
23378	11/7-28 (4)	M	11:30AM-12:30PM	SRS-CRUZ
23379	12/5-19 (3)	M	11:30AM-12:30PM	SRS-CRUZ

Jazz - Beginner

This is a beginner level class for those who want to learn to dance, get a work out and have fun. Don't worry if you have never danced. Get in shape, improve balance and posture and have a blast dancing. Work out clothes are best and tennis shoes are fine. No class 11/23.

Instructor: Charese Kelly

Fee: Member 3 classes \$24, 4 classes \$32

Non-member 3 classes \$34, 4 classes \$42

CR#	DATES	DAY	TIME	LOCATION
23664	10/5-26 (4)	W	2-2:45PM	SRS-CRUZ
23665	11/2-30 (4)	W	2-2:45PM	SRS-CRUZ
23666	12/7-21 (3)	W	2-2:45PM	SRS-CRUZ

Tap - Beginner

This class is for those who have always wanted to tap dance. Learn all the basic steps, technique and dance movement in a fun way. Bring tap shoes, Bloch or Leo split toe tap shoes recommended if you need to purchase shoes. No class 11/23.

Instructor: Charese Kelly

Fee: Member 3 classes \$24, 4 classes \$32

Non-member 3 classes \$34, 4 classes \$42

CR#	DATES	DAY	TIME	LOCATION
23383	10/5-26 (4)	W	1-1:45 PM	SRS-CRUZ
23384	11/2-30 (4)	W	1-1:45 PM	SRS-CRUZ
23385	12/7-21 (3)	W	1-1:45 PM	SRS-CRUZ

Tap - Intermediate Level

We learn a dance in this class, to focus on technique, dance movement and learn to hear the best in the music in a fun way. Bring tap shoes.

Instructor: Charese Kelly

Fee: Member 3 classes \$24, 4 classes \$32, 5 classes \$40

Non-member 3 classes \$34, 4 classes \$42, 5 classes \$50

CR#	DATES	DAY	TIME	LOCATION
23380	10/3-31 (5)	M	10:30-11:15AM	SRS-CRUZ
23381	11/7-28 (4)	M	10:30-11:15AM	SRS-CRUZ
23382	12/5-19 (3)	M	10:30-11:15AM	SRS-CRUZ

American Step Dance, Beginning Clogging

Learn a true classic American dance. Dance to jazz, country, blue grass, pop, big band and rock 'n roll music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Drop-ins \$7. See Drop-in Policy on page 19.

Instructor: Donna Thiel

Fee: Member 4 classes \$28, 5 classes \$35

Non-member 4 classes \$38, 5 classes \$45

CR#	DATES	DAY	TIME	LOCATION
23761	10/5-26 (4)	W	2-3PM	CV-REC
23760	11/2-30 (5)	W	2-3PM	CV-REC
23762	12/7-28 (4)	W	2-3PM	CV-REC

American Step Dance, Intermediate I Clogging

Prerequisite American Step Dance/Clogging Beginning. Dance to a variety of music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Drop-ins \$7. See Drop-in Policy on page 19.

Instructor: Donna Thiel

Fee: Member 4 classes \$28, 5 classes \$35

Non-member 4 classes \$38, 5 classes \$45

CR#	DATES	DAY	TIME	LOCATION
23763	10/5-26 (4)	W	3-4:15PM	CV-REC
23764	11/2-30 (5)	W	3-4:15PM	CV-REC
23765	12/7-28 (4)	W	3-4:15PM	CV-REC

American Step Dance, Intermediate II Clogging

This is a continuing class for those who have taken Beginning and Intermediate I Clogging. There will be more steps and routines to great music. Wear clogging taps or tennis shoes (no sandals). Drop-ins \$7. See Drop-in Policy on page 19.

Instructor: Donna Thiel

Fee: Member 4 classes \$28, 5 classes \$35

Non-member 4 classes \$38, 5 classes \$45

CR#	DATES	DAY	TIME	LOCATION
23766	10/5-26 (4)	W	4:30-5:45PM	CV-REC
23767	11/2-30 (5)	W	4:30-5:45PM	CV-REC
23768	12/7-28 (4)	W	4:30-5:45PM	CV-REC

Argentine Tango - Beginning

Dave and Shelli Little have been performing and teaching Argentine Tango for over 18 years. In this class you will learn basic steps along with style, technique and floor craft. Shoes with a slight heel are recommended for women. Singles welcome. Fee is per person. No class 11/25.

Instructors: Dave and Shelli Little

Fee: Member \$80/Non-member \$90

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23868	10/21-12/16	F	6-7:30PM	SRS-ANZA

Beginning Night Club Two-Step

Come learn a new dance that is sweeping Green Valley. The Night Club Two-Step, not to be confused with Country Two-Step, is a slow, elegant, romantic and versatile dance which can be performed to several genres of music such as Rumba, Salsa, Hustle, and even West / Coast Swing. It is easy to learn and fun to do so bring your friends and learn something new! Wear nonstick, smooth soled shoes. Couples and singles welcome. Fee is per person. No class 11/22.

Instructor: Donna Green

Fee: Member \$30/Non-member \$40

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23826	10/4-25	Tu	6-7PM	SRS-ANZA
23827	11/1-29	Tu	6-7PM	SRS-ANZA

Beginning Single Step Swing

Come learn one of the highly popular dances, Single Step Swing. This dance is very versatile and can be danced to many different tempos. It is popular for its simple nature and is often danced to slow, medium, or fast tempo jazz, blues, or rock and roll. Single Step Swing is based on a six count basic. Swing has a very simple structure and footwork along with basic moves and styling. It is very easy to learn and quite fun to do. Wear nonstick, smooth soled shoes. Couples and singles welcome. Fee is per person. No class 11/23.

Instructor: Donna Green

Fee: Member \$30/Non-member \$40

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23832	10/5-26	W	5-6PM	CH-PVR
23833	11/2-30	W	5-6PM	CH-PVR

Cowboy Cha-Cha and Ten-Step

Polish up your western boots and holler, "Yee haw"!

Come learn the Cowboy Cha-Cha and the Ten-Step. Both dances are great fun and easy to learn. Ten-Step will be taught on the last lesson. That's how easy it is! Wear nonstick, smooth soled shoes. Couples and singles welcome. Fee is per person. No class 11/22.

Instructor: Donna Green

Fee: Member \$30/Non-member \$40

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23829	10/4-25	Tu	7:15-8:15PM	SRS-ANZA
23830	11/1-29	Tu	7:15-8:15PM	SRS-ANZA

Flamenco Basics for Beginners

Learn and enjoy this traditional dance from Spain. This class includes posture, arm and hand movements and the basics of foot work. This course is specifically designed for women. Appropriate foot wear and apparel will be discussed at first class. No class 11/22.

Instructor: Zandra Pardi

Fee: Member \$55/Non-member \$65

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23748	10/4-25	Tu	1-2PM	CV-REC
23749	11/1-29	Tu	1-2PM	CV-REC

Hula Dance - Beginning

Learn Basic hula steps, dance routine, Hawaiian dialogue and chants with some history included. Wear a full wide skirt of any kind. \$2 fee for handouts paid to instructor at class. No class 11/23.

Instructor: Ilse Borden

Fee: Member 6 classes \$42, 8 classes \$56, 9 classes \$63

Non-member 6 classes \$52, 8 classes \$66, 9 classes \$73

CR#	DATES	DAY	TIME	LOCATION
23982	10/3-31 (9)	M,W	10-11AM	CV-REC
23983	11/2-30 (8)	W,M	10-11AM	CV-REC
23984	12/5-21 (6)	M,W	10-11AM	CV-REC

Line Dance for Dummies

So you think you can't dance? Think again! Learn to feel the music, hear the beat, and master the basic steps you need to actually line dance; and yes, you'll finally learn the Electric Slide! This no-pressure class is very easy and lots of fun.

Instructor: Betty Espinoza

Fee: Member \$20/Non-member \$30

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23310	10/8-29	Sa	9-10AM	CH-PVR

More Line Dance for Dummies

More steps, More music, More fun! After a quick review of the Electric Slide, we'll begin where "Line Dance for Dummies" left off. (Taking former class will make taking this class easier, but it is not required).

Instructor: Betty Espinoza

Fee: Member \$20/Non-member \$30

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23312	11/5-26	Sa	9-10AM	CH-PVR

Line Dance Just for Fun

This course is open to all, but designed for those who have taken Line Dance for Dummies and would like to put their skills to work learning current and classic line dances. The content will be flexible based on the needs of the class. We will start with very simple dances and progress as the class requires, but the emphasis will be on dancing for FUN. 10/8 & 11/5 classes at SRS, Anza room. Rest in Palo Verde Room at CH.

Instructor: Betty Espinoza

Fee: Member \$20/Non-member \$30

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23314	10/8-29	Sa	1-2PM	CH-PVR
23315	11/5-26	Sa	1-2PM	CH-PVR

Line Dancing 1

Learn basic line dance steps and dances practiced in the Green Valley Line Dance Club. Coed, no partner needed. A fun way to get both physical and mental exercise. No new students after second class.

Instructor: Shelton Howland

Fee: Member \$36/Non-member \$46

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23593	10/12-11/16	W	9:30-10:30AM	CH-PVR

Line Dancing 2

Prerequisite: Line Dancing 1 or approval from the instructor. Learn more steps and dances. No new students after second class.

Instructor: Shelton Howland

Fee: Member \$36/Non-member \$46

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23594	10/12-11/16	W	11AM-12PM	CH-PVR

Line Dancing 3

Prerequisite: Line Dance 2. Learn more fun dances and be eligible to join the Green Valley Line Dance Club. No new students after second class.

Instructor: Shelton Howland

Fee: Member \$36/Non-member \$46

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23595	10/12-11/16	W	8-9AM	CH-PVR

Modern Square Dancing

Friendship set to Music - Modern version of this traditional, (true) American Folk Dance. Combines traditional calls and a variety of modern movements making it very interesting and entertaining. Music varies from old time to modern - not just country western. Low impact aerobic, mentally and physically stimulating, great cardiovascular exercise, improves agility. No previous dance experience necessary. Instructor has 35 years of experience and is Nationally known. Fun way to make new friends with this social type of dancing. Join the fun and wear comfy shoes. Registration for entire course available until 11/16/11. NO NEW REGISTRATIONS AFTER THAT DATE. You are still welcome to attend as a drop-in for \$5 each class. See Drop-in Policy on page 19. Fee is per person.

Instructor: Rick Gittelman

Fee: Member \$65/Non-member \$75

Classes: 14

CR#	DATES	DAY	TIME	LOCATION
23930	11/2-12/19	W,M	1-2:45PM	LC-OCOT

Tap Intermediate/Advanced - Showgirls

The focus of this class will be on preparation for the Follies. Dances at different levels will be taught with the relevant technique and with the goal of placing each dancer in the dances best suited to his/her abilities. Non-performers are welcome to attend. Bring tap shoes. No class 11/23 or 12/21.

Instructor: Peggy Rushford

Fee: Member 3 classes \$24, 4 classes \$32

Non-member 3 classes \$34, 4 classes \$42

CR#	DATES	DAY	TIME	LOCATION
23503	10/5-26 (4)	W	10-11AM	SRS-CRUZ
23504	11/2-30 (4)	W	10-11AM	SRS-CRUZ
23505	12/7-28 (3)	W	10-11AM	SRS-CRUZ

Tap Technique - Advanced/Intermediate

This class will focus on footwork and technique. For intermediate and advanced dancers, the emphasis will be on improving clarity of sound and execution. Bring tap shoes. No class 11/23 or 12/21.

Instructor: Peggy Rushford

Fee: Member 3 classes \$24, 4 classes \$32

Non-member 3 classes \$34, 4 classes \$42

CR#	DATES	DAY	TIME	LOCATION
23508	10/5-26 (4)	W	11AM-12PM	SRS-CRUZ
23509	11/2-30 (4)	W	11AM-12PM	SRS-CRUZ
23510	12/7-28 (3)	W	11AM-12PM	SRS-CRUZ

Food and Beverage

Cooking with Passion!

YUM! We need it in our lives and especially in our food. Get in touch with your individual passion for cooking. We will have a two hour class to open up your passion and a two hour hands on class to test it in the kitchen. Bring your passion to class and we will find the YUM! Basic cooking skill is required. Men and women are invited. A \$2 material fee will be paid to instructor at class. Part of the "Passion" will be the experience of shopping for your own ingredients for the hands on class (approximately \$8 depending on individual taste). Instructor is an experienced cooking instructor and caterer.

Instructor: Janice Howlett

Fee: Member \$40/Non-member \$50

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23919	11/1-8	Tu	1-3PM	WC-KITCH

Holiday Gifts and Goodies from Your Microwave

Make the most of your energy and holiday dollar by utilizing your microwave oven to create tasty candies and other holiday treats as well as gift items. New recipes this year! There will be cooking and tasting in class. Materials fee \$6 for food and recipes paid to instructor at class. Instructor has a degree in Home Ec and has taught microwave cooking classes for years.

Instructor: Kraylen Miholer

Fee: Member \$15/Non-member \$25

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23839	11/16	W	9AM-12PM	WC-KITCH

***We know you love
your pets. We do too.
But we ask that you
not bring them to class.***

How to Serve Tea

This is a three hour class full of yummy treats and lots of tea. The basics learned apply to Afternoon Tea for any occasion. You will learn about the different types of tea and how to prepare a pot of tea the right way, how to serve it, how to set the table and how to make all the goodies to go along with it. I will show you how to make an interesting variety of tea sandwiches, scones of course, as well as some traditional afternoon tea cakes and treats. This is a fun class that will please the eye, fill your tummy and is great to have under your belt or tucked up your sleeve. \$12 food fee paid to instructor at class. Please bring your favorite tea cup if you have one, take home containers and an apron.

Instructor: Julie Franzone

Fee: Member \$50/Non-member \$60

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
24002	11/10	Th	1-4PM	WC-KITCH

Soups

When it's still a little nippy outside there's nothing that can beat a hot bowl of yummy soup with some fresh warm bread. Soups are great for lunch or dinner and as appetizers. In this class you will learn how to make three delicious healthy soups from scratch using fresh ingredients. Bring your apron and take home containers. \$10 food fee paid to instructor at class.

Instructor: Julie Franzone

Fee: Member \$40/Non-member \$50

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
24001	10/27	Th	9-11AM	WC-KITCH

More Soups

For those of you who enjoyed the first soup class, here is class number two, the same as "soups" but with four new delicious recipes. Bring your apron and take home containers. \$10 food fee paid to instructor at class.

Instructor: Julie Franzone

Fee: Member \$40/Non-member \$50

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23922	11/10	Th	9-11AM	WC-KITCH

Pasta and Sauces

Have you ever wondered why that jarred sauce doesn't taste like it does in the restaurants? Learn how to make a basic tomato sauce, a meat sauce that can be used for bolognaise or lasagna and a fish pasta. All are very delicious and made with fresh ingredients. Bring your apron and small individual containers to take your meals home. \$15 food fee paid to instructor at class.

Instructor: Julie Franzone

Fee: Member \$40/Non-member \$50

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
24000	11/3	Th	8:30-11AM	WC-KITCH

Tomatoes

This class is designed for people who need quick and easy healthy ideas. In this class you will learn about the health benefits of the tomato and make four healthy side dishes/ appetizers (or add crusty bread and you have a light lunch for one), using fresh tomatoes and other basic fresh ingredients that I guarantee are easy, taste delicious and will impress any guest with flavor and their delightful color. Just bring your apron. \$12 food fee paid to instructor at class.

Instructor: Julie Franzone

Fee: Member \$30/Non-member \$40

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
24003	11/3	Th	1-2:30PM	WC-KITCH

Health & Fitness

Aerobic Floor

This class is a combination of steps, kicks, marches and dance moves, traveling across the floor, forward and back stepping, step closes, and the grapevine. We use weights the last part of our cardio workout to add resistance to movements increasing fat burning while toning. Bring a towel, water, handheld weights and mat. Drop ins \$5. See drop in policy on page 19. No class 11/24.

Instructor: Wuanita Powers

Fee: Member 8 classes \$32, 9 classes \$36

Non-member 8 classes \$42, 9 classes \$46

CR#	DATES	DAY	TIME	LOCATION
23822	10/4-27 (8)	Tu,Th	7:30-8:30AM	LC-OCOT
23823	11/1-29 (8)	Tu,Th	7:30-8:30AM	LC-OCOT
23824	12/1-29 (9)	Tu,Th	7:30-8:30AM	LC-OCOT

Aerobics Perfect Interval

Come to experience a 30 minute cardio mix of basic low impact dance-sport moves and walking intervals in this fun packed class. You are never out of breath or bored. Modified moves and walking patterns are offered to fit any fitness level. Spend last 20 minutes to improve abs, back, gluteus, and thighs. Bring a mat, water, and a head cushion. Drop-in \$8. See drop in policy on page 19. No class 11/24.

Instructor: Angelika Adkins, AFAA certified since 1995

Fee: Member \$42/Non-member \$52

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23708	10/4-27	Tu,Th	8-8:50AM	SRS-ANZA
23709	11/1-29	Tu,Th	8-8:50AM	SRS-ANZA
23710	12/1-27	Tu,Th	8-8:50AM	SRS-ANZA

Guts and Butts Challenge

Walk away in 30 minutes challenged and accomplished. Join this class to make your abdominal, back, gluteus and thigh muscles denser, stronger, and elastic while improving posture, reducing back pain, losing inches, enhancing your appearance and daily living. All fitness levels welcome.

Bring mat, towel, small pillow, water. Drop-in fee \$6. See Drop-in Policy 19. 11/10 class in Fiesta Room.

No class 11/24.

Instructor: Angelika Adkins

Fee: Member \$28/Non-member \$38

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23815	10/4-27	Tu,Th	10-10:30AM	SRS-ANZA
23816	11/1-29	Tu,Th	10-10:30AM	SRS-ANZA
23817	12/1-27	Tu,Th	10-10:30AM	SRS-ANZA

Total Boost: A New Way

Receive a priceless Boost of Physical and Health Benefits by attending this workout using dumbbells and a chair.

Learn new, correct, and modified lifting patterns, body form, and safety. Relax through extended gentle stretching at the end. Bring set of dumbbells 1 - 8 lb depending on your fitness level and water. Drop-in \$8. See Drop-in Policy on page 19. 11/10 class in Fiesta Room. No class 11/24.

Instructor: Angelika Adkins

Fee: Member \$42/Non-member \$52

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23806	10/4-27	Tu,Th	9-9:50AM	SRS-ANZA
23807	11/1-29	Tu,Th	9-9:50AM	SRS-ANZA
23808	12/1-27	Tu,Th	9-9:50AM	SRS-ANZA

Arthritis Aqua Fitness

Improve range of motion, strength, flexibility, endurance and aerobic capacity through low to no impact water exercises.

Come benefit from the water's amazing properties. Certified Arthritis Foundation Aquatics. Supplies: noodle and hand buoys. Design a fitness program that is as flexible as you are by purchasing the punch card designed to work with your schedule. No more make-up classes, come to class when your schedule allows. Punch card is only valid in session for which purchased. Unused punches may NOT be used in the following session! Drop-in fee \$10. See Drop-in Policy on page 19. This course unavailable for online registration. No class 8/29. May teach 9/5 to make up.

Instructor: Maggie Lundquist

Classes: 23

Fee: Member 5 classes \$40, 10 classes \$80, 15 classes \$120, 20 classes \$160

Non-member 5 classes \$50, 10 classes \$90, 15 classes \$130, 20 classes \$170

CR#	DATES	DAY	TIME	LOCATION
23963	10/3-12/22	M,Th	3-4PM	CPI-POOL

**"No Shows"
are not refundable.**

Balance and Posture

Improve your balance and posture as well as your gait (walking pace) with this specially designed class. During the once a week class, you will practice specific exercises designed to challenge your balance as well as the core postural alignment. Just standing taller and being stronger will greatly improve your confidence with walking and moving in general. Balance and gait assessment testing will be conducted the first and last meetings to see your improvement.

Instructor: Jennifer Adolfs

Fee: Member \$60/Non-member \$70

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23477	10/10-11/14	M	9:40-10:30AM	LC-JNPR

Pilates Mat Class

This will be a combination mat class including standing balance work using Pilates and Tai Chi principles along with Beginner and Intermediate level Pilates mat work. This class will help you to not only "get a hold of your core" musculature, but also improve your body awareness, balance, and posture! Bring a thick mat or blanket and pillow (if needed).

Instructor: Jennifer Adolfs

Fee: Member 3 classes \$26, 4 classes \$34, 5 classes \$42

Non-member 3 classes \$36, 4 classes \$44, 5 classes \$52

CR#	DATES	DAY	TIME	LOCATION
23474	10/3-31 (5)	M	8:30-9:20AM	LC-JNPR
23475	11/7-28 (4)	M	8:30-9:20AM	LC-JNPR
23476	12/5-19 (3)	M	8:30-9:20AM	LC-JNPR

Put Your Feet First!

Do you have bunions, arthritis, fallen arches, tendonitis, fasciitis, loss of balance, strength and flexibility in your feet? This one hour interactive class will give you tools and information to work out the kinks in your own feet. We will practice specific stretches and strengthening exercises, as well as working on your gait to help you feel more confident in your own shoes. We spend our whole lives walking on our feet and never pay much attention to them until they start to hurt. Come and find out how you can start pampering them so they feel better.

Instructor: Jennifer Adolfs

Fee: Member \$10/Non-member \$20

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23478	10/24	M	3:30-4:30PM	ABN-REC



Brain Aerobics

With an aging population worrying about Alzheimer's disease, stress causing memory blockages and our poor diets impacting our brain cells, what are we to do? Brain Aerobics is a simple method to keep your brain alive and active for the rest of your life. A few minutes spent daily doing fun activities will help decrease your risk of dementia, keep you alert and functioning well mentally. Learn more than twenty fun and easy techniques you can do daily that can change your life! This four week series of classes may be taken monthly as the material changes for repeat attendees. Material fee of \$5 paid to instructor at first class.

Instructor: Patricia Izzi, Holistic Health Practitioner

Fee: Member \$79/Non-member \$89

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23932	10/4-25	Tu	2:30-4:30PM	LC-ACAC
23933	11/1-22	Tu	2:30-4:30PM	LC-ACAC

Chair Yoga

Easy way to practice yoga, well suited for everyone, especially for people who cannot get down on the floor and have limited range of mobility. Connect to your breath, flow through guided yoga poses to loosen up joints, strengthen muscles and stretch tight places using the chair for support. Props a must: yoga mat, 8' yoga strap, two Mexican blankets. Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee \$12. See Drop-in Policy in class catalog.

Instructor: Seja Snow

Fee: Member 3 classes \$30/\$25, 4 classes \$40/\$30

Non-member 3 classes \$40/\$35, 4 classes \$50/\$40

CR#	DATES	DAY	TIME	LOCATION
23714	10/6-27 (4)	Th	9-10AM	LC-OCOT
23715	11/3-17 (3)	Th	9-10AM	LC-OCOT
23716	12/1-22 (4)	Th	9-10AM	LC-OCOT

Drop-In Policy

- Confirm that class allows drop-ins, check course description.
- Confirm that class is active, not cancelled, check with a center coordinator.
- Drop-in availability determined by class enrollment: drop-ins not accepted in a full class.
- Check course description for any dates that class will not be held or dates the class may be moved to another facility.
- Payment will be made to instructor at beginning of class by cash or check made out to GVR. Check course description for drop-in fee.
- Membership, Tenant or Guest card must be presented to instructor.
- To ensure your space in class, registration is recommended.
- Drop-in option not available to non-members.

Yoga, Level I/II

This class is for students with substantial yoga experience, providing a more vigorous, challenging practice, building on prior knowledge gained in the Beginners class. A firm understanding and command of fundamental yoga poses and principles is required. An in-depth study of Sun Salutation is presented and more advanced poses may be explored as we continue to build on past learning. Meditative approach and Focused breathing is encouraged. Bring your own props. **REQUIRED:** yoga mat, 8' yoga strap, 2-3 blankets (Mexican blankets work well) and 2 blocks. Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. This course unavailable for online registration.

Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Seja Snow

Fee: Member \$40/\$30/Non-member \$50/\$40 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23668	10/3-24	M	9-10:30AM	LC-CTWD
23669	10/31-11/21	M	9-10:30AM	LC-CTWD
23670	11/28-12/19	M	9-10:30AM	LC-CTWD

Yoga for Beginners

Yoga for beginners with no previous yoga experience and students who may desire a gentler practice will be repeated many times to develop a firm command and understanding of basic yoga principles. Emphasis will be on breath, alignment, stretching, toning and balancing. Benefits are progressive and experienced in each class. **PROPS REQUIRED:** yoga mat, 8' yoga strap, 1-2 blankets (Mexican blankets work well). Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Seja Snow

Fee: Member \$40/\$30/Non-member \$50/\$40 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23672	10/3-24	M	1:30-3PM	LC-CTWD
23673	10/31-11/21	M	1:30-3PM	LC-CTWD
23674	11/28-12/19	M	1:30-3PM	LC-CTWD

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there aren't enough registrations by a certain date, THE COURSE MAY BE CANCELLED. REGISTER EARLY!

Yoga - To Restore and Relieve Stress

Often untapped jewel of yoga practice; Missing link to complete care of one self. Can be therapeutic as a complement to any ongoing medical treatments or standing on it's own. Supported, gentle yet deep effective practice using props to do the work for us. Deeply quieting to the mind and body. **PROPS ARE A MUST FOR THIS PRACTICE:** yoga mat, 8' yoga strap, 2 plus blankets (Mexican blankets work well), and for most people block and bolster. Instructor has props for sale or rent. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Seja Snow

Fee: Members 3 classes \$30/\$25, 4 classes \$40/\$30

Non-member 3 classes \$40/\$35, 4 classes \$50/\$40

CR#	DATES	DAY	TIME	LOCATION
23717	10/6-27 (4)	Th	10:30AM-12PM	LC-OCOT
23718	11/3-17 (3)	Th	10:30AM-12PM	LC-OCOT
23719	12/1-22 (4)	Th	10:30AM-12PM	LC-OCOT

Yoga for Back Care - Continuing

This class is progression for the students who have taken Beginning Back Care yoga classes and those wanting a gentler yoga practice. Some yoga experience is necessary. We will continue working on the back strengthening and aligning and widening our practice. Bring your own props. **REQUIRED:** yoga sticky mat, 2 blankets (Mexican blankets work well) and 8' yoga strap. Props may be purchased from instructor. Discounted fees if taking two or more Seja classes per week. This class unavailable for online registration. Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Seja Snow

Fee: Member \$40/\$30/Non-member \$50/\$40 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23688	10/4-25	Tu	8-9:15AM	LC-AGAVE
23689	11/1-22	Tu	8-9:15AM	LC-AGAVE
23690	11/29-12/20	Tu	8-9:15AM	LC-AGAVE

Yoga - Morning Salutations

Moderate yoga practice to stretch, strengthen and invigorate the body and continue deepening the integration of body and mind. Open to students with substantial yoga experience only. Well rounded practice of standing, twisting, forward and back bending and inversion poses will be covered. **PROPS REQUIRED:** yoga mat, 8' yoga strap, two 4 in. foam blocks, 3 blankets (Mexican ones work well). Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Seja Snow

Fee: Member \$40/\$30/Non-member \$50/\$40 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23676	10/5-26	W	9-10:30AM	SRS-FSTA
23677	11/2-23	W	9-10:30AM	SRS-FSTA
23678	11/30-12/21	W	9-10:30AM	SRS-FSTA

Exercise - Fun and Fitness

Stretch, tone up, low-impact aerobics, dance and much more to great music. Men are invited too. On-going class year round. Wear loose clothing and tennis shoes. Tuesdays in Palo Verde Room, Fridays in Saguaro Room. Drop-in fee \$4. See Drop-in Policy on page 19. No class 11/18.

Instructor: Donna Thiel

Fee: Member 8 classes \$32, 9 classes \$36

Non-member 8 classes \$42, 9 classes \$46

CR#	DATES	DAY	TIME	LOCATION
23757	10/4-28 (8)	Tu,F	8-9:15AM	CH-PVR
23758	11/1-29 (8)	Tu,F	8-9:15AM	CH-PVR
23759	12/2-30 (9)	F,Tu	8-9:15AM	CH-SAG

Hatha Yoga Saguaro - Level I

This yoga class is open to all level students with the intention of yoking/uniting the body, mind, and breath. Emphasis is on the breath and yoga postures. Yoga Alliance has listed Richard, E-500 RYT, experienced, registered yoga teacher. He has studied yoga in India with Dr. Krishna Tripathi and BNS Iyengar. **REQUIRED:** (Props also available to purchase from instructor) yoga mat, firm blanket/s, strap, block, an empty stomach and water. This class unavailable for online registration. Discounted fee if taking 2 Roth classes within a week. Drop-ins welcome. Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Richard Roth

Fee: Member 3 classes \$30/\$25, 4 classes \$40/ \$30

Non-member 3 classes \$40/\$35, 4 classes \$50/ \$40

CR#	DATES	DAY	TIME	LOCATION
23596	10/4-25 (4)	Tu	11AM-12PM	LC-OCOT
23597	10/7-28 (4)	F	11AM-12PM	LC-OCOT
23598	11/1-15 (3)	Tu	11AM-12PM	LC-OCOT
23599	11/4-18 (3)	F	11AM-12PM	LC-OCOT
23600	11/29-12/13 (3)	Tu	11AM-12PM	LC-OCOT
23608	12/2-16 (3)	F	11AM-12PM	LC-OCOT



Hatha Yoga Saguaro - Level II

This Level II class is for students experienced with basic yoga postures and who have practiced yoga regularly for a full year. Classes are a sequence of sun salutations, standing/seated postures, back bending and inversions. Inspirations from the teachings of BNS Iyengar, Max Strom, and Ki McGraw. Emphasis is on the breath and developing balance, concentration, and openness in the body/mind. Yoga Alliance has listed Richard, E-500 RYT, experienced, registered yoga teacher. **REQUIRED** and available from instructor: yoga mat, firm blanket/s, strap, block, an empty stomach and water. This class not available for online registration. Discounted fee if taking 2 Roth classes within a week. Drop-in fee \$12. See Drop-in Policy on page 19.

Instructor: Richard Roth

Fee: Member 3 classes \$33/\$28, 4 classes \$44/\$34

Non-member 3 classes \$43/\$38, 4 classes \$54/\$44

CR#	DATES	DAY	TIME	LOCATION
23625	10/4-25 (4)	Tu	9-10:30AM	LC-OCOT
23626	10/7-28 (4)	F	9-10:30AM	LC-OCOT
23627	11/1-15 (3)	Tu	9-10:30AM	LC-OCOT
23628	11/4-18 (3)	F	9-10:30AM	LC-OCOT
23629	11/29-12/13 (3)	Tu	9-10:30AM	LC-OCOT
23630	12/2-16 (3)	F	9-10:30AM	LC-OCOT

Hoop Dance

Hoop dance uses adult size hula hoops for fitness and fun. Class will cover the basics of hooping- waist, chest and arm hooping, bringing the hoop on and off the body, tricks and basic choreography. Hooping is excellent non impact cardio exercise and very toning, especially in the core area. Both men and women are welcome; anyone can do this, even if you've never been able to hula hoop (the larger size hoops makes it accessible for all). Hoops will be provided for students and available for sale. It's a workout that doesn't feel like a workout and will leave you with a smile! Your instructor is a certified Hoopgirl Hoop Dance teacher. For more information go to www.hoopgirl.com

Instructor: Carrie Stover

Fee: Member 3 classes \$30, 4 classes \$40

Non-member 3 classes \$40, 4 classes \$50

CR#	DATES	DAY	TIME	LOCATION
24179	10/8-29 (4)	Sa	9:30-10:30AM	SRS-ANZA
24180	11/5-19 (3)	Sa	9:30-10:30AM	EC-AUD
24181	12/3-17 (3)	Sa	9:30-10:30AM	DH-AUD



Introduction to the Full Golf Swing

The Focus of this class is on understanding the Full Golf Swing using 7 Iron and Driver. The objective is to understand where direction and distance come from in the golf swing. Includes PGA Golf Instruction, practice balls and equipment (if needed). This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol, meet at bag drop in front of pro shop. Bring golf clubs.

Instructor: Maria Przymierski Green Valley Golf Instruction
 Fee: Member \$99/Non-member \$109

CR#	DATES	DAY	TIME	LOCATION
24046	10/10-24	M	9-10AM	SEE ABOVE
24047	10/31-11/14	M	9-10AM	SEE ABOVE
24048	11/28-12/12	M	9-10AM	SEE ABOVE

Intermediate Full Swing Golf Class

This class reviews the Full Swing using Irons, Fairway Woods and Driver. This class is a great review for players who have taken a previous GVR Class and/or need to improve upon their existing swing. Includes PGA Golf Instruction, practice balls and equipment (if needed). This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol, meet at bag drop in front of pro shop. Bring golf clubs.

Instructor: Maria Przymierski Green Valley Golf Instruction
 Fee: Member \$99/Non-member \$109

CR#	DATES	DAY	TIME	LOCATION
24052	10/11-25	Tu	9-10AM	SEE ABOVE
24053	11/1-15	Tu	9-10AM	SEE ABOVE
24054	11/29-12/13	Tu	9-10AM	SEE ABOVE

Introduction to the Short Game

This class breaks down the short game and is for players new to the game. The Focus is on Pitching/Sand Shots, Chipping and Putting. Includes PGA Golf Instruction, practice balls and equipment (if needed). This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol, meet at bag drop in front of pro shop. Bring golf clubs.

Instructor: Maria Przymierski, Green Valley Golf Instruction
 Fee: Member \$99/Non-member \$109

CR#	DATES	DAY	TIME	LOCATION
24049	10/10-24	M	10:30-11:30AM	SEE ABOVE
24050	10/31-11/14	M	10:30-11:30AM	SEE ABOVE
24051	11/28-12/12	M	10:30-11:30AM	SEE ABOVE

Intermediate Short Game Golf Class

This class reviews the scoring shots around the green: Pitching/Sand Shots, Chipping and Putting. Includes PGA Golf Instruction, practice balls and equipment (if needed). This class is a great review for players who have taken a previous GVR Class and/or need to improve upon their existing swing. This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol, meet at bag drop in front of pro shop. Bring golf clubs.

Instructor: Maria Przymierski, Green Valley Golf Instruction
 Fee: Member \$99/Non-member \$109

CR#	DATES	DAY	TIME	LOCATION
24055	10/11-25	Tu	10:30-11:30AM	SEE ABOVE
24056	11/1-15	Tu	10:30-11:30AM	SEE ABOVE
24057	11/29-12/13	Tu	10:30-11:30AM	SEE ABOVE

Introduction to Pickleball 101

Learn the fundamentals of Pickleball, the fastest growing sport in North America. Great exercise and lots of fun. 1st class - court layout and rules, etiquette, grip, position, drills for forehands, backhands, serve and dinks. 2nd class - drills for volley, drop shot, lob and overhead. 3rd class - review, coaching, sideline shots, games with peers. Paddles available for students. Bring water and tennis shoes.

Instructor: Paul May

CR#	DATES	DAY	TIME	LOCATION
23968	11/14-28	M	12:30-3PM	EC-PKLBL

Learn Relaxation - Meditation in One Day!

Dr. Sam Yulish has been meditating-relaxing since 1971. You will see immediate results. Exercises are NO PAIN and NO STRAIN. Relaxation-meditation will improve every aspect of your life: physical, mental and spiritual. AND IT IS SO EASY! This class is nonreligious and has no affiliations of any kind to any organization -- point blank. Physically handicapped and physically challenged people are welcome. (Check with your doctor). Start in one day improving the quality of your life. Bring chair cushions if needed.

Instructor: Samuel Yulish

CR#	DATES	DAY	TIME	LOCATION
23860	11/16	W	2-3:30PM	EC-GAME
23861	12/14	W	2-3:30PM	EC-GAME



Nutrition for Good Health

Learn the basics about nutrition in this interactive and engaging class. You'll get tips on how to plan meals that meet your personal needs. Do you need to control calories, sodium, cholesterol, or sugar? Weight management shouldn't require a boring diet and constantly feeling hungry. You'll learn to read food labels, calculate your daily nutritional needs, and get tips for preparing tasty and satisfying meals. We'll even learn techniques for staying on track while eating out. Instructor is an educator and cookbook author. No class 11/24.

Instructor: Tatia Morrison

Fee: Member \$30/Non-member \$40

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23938	10/4-25	Tu	2-3PM	LC-OCOT
23939	11/3-12/1	Th	2-3PM	LC-OCOT
23940	12/6-27	Tu	2-3PM	LC-OCOT

Pilates on the Ball

Get set to have fun! We will combine the principles, exercises and breathing patterns of the Pilates method with the dynamic qualities of the exercise ball to create wonderful results. Strengthen your core, improve your balance, achieve good posture and elevate your self confidence. Light and filled with air, the ball provides a comfortable but firm surface that uniquely supports you in various positions. Exercising on the ball feels like reconnecting with childhood! Bring a 55 centimeter exercise ball (65 cm if you are 5'8" or taller), a mat and a pillow if needed. Drop-ins \$10, see Drop-in policy on page 19. No class 12/22.

Instructor: Kimberly McGuire

Fee: Member 3 classes \$26, 4 classes \$34

Non-member 3 classes \$36, 4 classes \$44

CR#	DATES	DAY	TIME	LOCATION
23321	10/6-27 (4)	Th	1:30-2:20PM	LC-JNPR
23322	11/3-17 (3)	Th	1:30-2:20PM	LC-JNPR
23323	12/1-29 (4)	Th	1:30-2:20PM	LC-JNPR

Step Intervals - Intermediate

Love step aerobics? Want to tone the upper and lower body? This is the class for you. We will mix step aerobics with weight training segments throughout the hour. This class will be packed with high energy FUN and burn lots of calories! We will work on our abdominals and enjoy a nice rewarding stretch at the end of class. Please bring a set of light-moderate weights (based on your skill level), mat, towel and water. Drop in fee \$8, see drop in policy on page 19. No class 11/24.

Instructor: Robin Lowe

Fee: Member 7 classes \$42, 9 classes \$54

Non-member 7 classes \$52, 9 classes \$64

CR#	DATES	DAY	TIME	LOCATION
23871	10/3-31 (9)	M,Th	8-9AM	CV-REC
23872	11/3-28 (7)	M,Th	8-9AM	CV-REC
23873	12/1-22 (7)	M,Th	8-9AM	CV-REC

Tai Chi Wu Style - Beginning

This course will present most of the first section of the Wu style of Tai Chi Chuan. Goals of the course are: improved balance, relaxation, movement of energy and fun. Quoting Tai Chi master Professor Cheng Man-Ching: "The most important reason to study Tai Chi is that when you finally reach a place where you understand what life is about, you'll have the energy to enjoy it. Whoever practices Tai Chi, correctly and regularly, twice a day over a period of time will gain the pliability of a child, the health of a lumberjack, and the peace of mind of a sage."

Instructor: Heidi Wilson

Fee: Member \$85/Non-member \$95

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23856	10/3-11/21	M	8-9AM	EC-AUD

Tai Chi Wu Style - Continuing

Prerequisite: Tai Chi Wu Style - Beginning - This class is a continuation of the Tai Chi Wu Style Beginning class, progressing further in the form. Goals of this course are improved balance, relaxed body, alert mind, movement of energy and fun!

Instructor: Heidi Wilson

Fee: Member \$85/Non-member \$95

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23858	10/3-11/21	M	9:15-10:15AM	EC-AUD

Gentle Yoga

NO YOGA EXPERIENCE NECESSARY! Alleviate pain, increase flexibility and reduce stress. Learn how to stretch, how to breathe and how to relax by doing the basic postures of Yoga. This class is also for anyone who is experienced in Yoga but would like to relax and stretch through a gentle flow. Instructor has 7+ years of experience, is a Certified Yoga Therapist from the LePage Professional Yoga Therapy Program and is registered with the International Alliance of Yoga Therapists. This class may be taken concurrently with YOGA FLOW or THERAPEUTIC YOGA for a discounted fee. Needed props include: "Sticky" Yoga mat and a Mexican or similar blanket. Drop-in fee \$12. See Drop in Policy on page 19. Course unavailable for online registration.

Instructor: Suzette Goebel

Fee: Member 3 classes \$30/\$25, 4 classes \$40/\$35

Non-member 3 classes \$40/\$35, 4 classes \$50/\$45

CR#	DATES	DAY	TIME	LOCATION
23386	10/4-25 (4)	Tu	9-10AM	CR-AMADO
23387	10/6-27 (4)	Th	9-10AM	CR-AMADO
23388	11/1-15 (3)	Tu	9-10AM	CR-AMADO
23389	11/3-17 (3)	Th	9-10AM	CR-AMADO
23390	12/6-20 (3)	Tu	9-10AM	CR-AMADO
23391	12/8-22 (3)	Th	9-10AM	CR-AMADO

Therapeutic Yoga

IMMERSE YOURSELF INTO A THERAPEUTIC YOGA EXPERIENCE! Previous Yoga experience required. Each class is addressed to different parts of your body following the Chakra Therapy System and Sun/Moon Salutations Flow. Instructor has 7+ years of experience, is a Certified Yoga Therapist from the LePage Professional Yoga Therapy Program and is registered with the International Alliance of Yoga Therapists. This class may be taken concurrently with YOGA FLOW or GENTLE YOGA for a discounted fee. Needed props include "Sticky" Yoga mat and a Mexican or similar blanket. Course unavailable for online registration.

Instructor: Suzette Goebel

Fee: Member 2 classes \$20/\$15, 3 classes \$30/\$25, 4 classes \$40/\$35/Non-member 2 classes \$30/\$25, 3 classes \$40/\$35, 4 classes \$50/\$45

CR#	DATES	DAY	TIME	LOCATION
23398	10/8-29 (4)	Sa	10:30AM-12PM	CR-AMADO
23399	11/5-12 (2)	Sa	10:30AM-12PM	CR-AMADO
23400	12/3-17 (3)	Sa	10:30AM-12PM	CR-AMADO

Yoga Flow

Previous Yoga experience requested. This class is based on the Sun Salutations Sequence. It will "awaken" dormant muscles by increasing flexibility and endurance. At the end of the class you will feel invigorated, enthusiastic and yet relaxed. Instructor has 7+ years of experience, is a Certified Yoga Teacher from the Le Page Professional Yoga Therapy Program and is registered with the International Alliance of Yoga Therapists. Needed props include "Sticky" Yoga mat and Mexican or similar blanket. Drop-in fee \$12. See Drop in Policy on page 19. This class may be taken concurrently with THERAPEUTIC YOGA or GENTLE YOGA for a discounted fee. Course unavailable for online registration.

Instructor: Suzette Goebel

Fee: Member 3 classes \$30/\$25, 4 classes \$40/\$35

Non-member 3 classes \$40/\$35, 4 classes \$50/\$45

CR#	DATES	DAY	TIME	LOCATION
23392	10/4-25 (4)	Tu	10:30AM-12PM	CR-AMADO
23393	10/6-27 (4)	Th	10:30AM-12PM	CR-AMADO
23394	11/1-15 (3)	Tu	10:30AM-12PM	CR-AMADO
23395	11/3-17 (3)	Th	10:30AM-12PM	CR-AMADO
23396	12/6-20 (3)	Tu	10:30AM-12PM	CR-AMADO
23397	12/8-22 (3)	Th	10:30AM-12PM	CR-AMADO



Yoga I

This is an introductory course to Yoga-asanas (poses), supported by breathing awareness. Much is about preparing the body through stretching and limb rotation. The exercises are basic, gentle and very beneficial. The class will consist of mostly floor work with some standing poses. Please come with an empty stomach. Bring mat, blanket and strap.

Instructor: Eveli Sabatie

Fee: Member \$28/Non-member \$38

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23611	10/4-25	Tu	10:30-11:30AM	LC-JNPR
23612	10/7-28	F	10:30-11:30AM	LC-JNPR
23613	11/1-22	Tu	10:30-11:30AM	LC-JNPR
23614	11/4-25	F	10:30-11:30AM	LC-JNPR
23615	11/29-12/20	Tu	10:30-11:30AM	LC-JNPR
23616	12/2-23	F	10:30-11:30AM	LC-JNPR

Yoga II

This course covers a wide range of Yoga poses, from forward bends to balancing poses, back bends and more if possible. You need to be fit, flexible and mindful to enroll in this class. NOTE: Yoga I required before attending this class. If you have previous Yoga experience, please contact instructor prior to registering at 881-0384.

Instructor: Eveli Sabatie

Fee: Member \$32/Non-member \$42

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23617	10/4-25	Tu	8:30-10AM	LC-JNPR
23618	10/7-28	F	8:30-10AM	LC-JNPR
23619	11/1-22	Tu	8:30-10AM	LC-JNPR
23620	11/4-25	F	8:30-10AM	LC-JNPR
23621	11/29-12/20	Tu	8:30-10AM	LC-JNPR
23622	12/2-23	F	8:30-10AM	LC-JNPR

Yogacize

This is a one hour workout that blends heart strengthening cardio, muscle toning, facial fitness yoga for a more youthful appearance and traditional yoga postures that increase strength, flexibility and balance. Each session includes a light aerobic warm up, weight training, a variety of yoga stretches and a final relaxation segment. Bring a mat, water, and 2-5 lb. weights. Discounted fee if taking both Wed. and Fri. classes concurrently. Drop-in fee \$7. See Drop-in Policy on page 19. This course unavailable for online registration. No class 11/25.

Instructor: Jan Jordan

Fee: Member \$48/\$38/Non-member \$58/\$48

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23356	10/5-11/23	W	8-9AM	CV-REC
23357	10/7-12/2	F	8-9AM	CV-REC

Zumba Gold

This is a low to medium impact Latin dance aerobics class. The focus of this class is to tone, increase awareness of breathing during movement, improve endurance and coordination. The class is also for those who want to incorporate weight bearing exercises into their fitness routine. Move and dance to simple choreography with fun improvisational dance to salsa, merengue, mambo and much more. No previous dance experience necessary, just the desire to have fun. Drop-in fee \$10. See Drop-in Policy on page 19. Bring 1 to 1.5 lb. weights and water. Instructor is certified in Zumba Gold and has over 25 years of dance training. Discounted fee if taking both Mon. and Wed. classes concurrently. This class unavailable for online registration.

Instructor: Terri James

Fee: Member 3 classes \$24/\$20, 4 classes \$32/\$28, 5 classes \$40/\$36

Non-member 3 classes \$34/\$30, 4 classes \$42/\$38, 5 classes \$50/\$46

CR#	DATES	DAY	TIME	LOCATION
23486	10/3-31 (5)	M	9-10AM	LC-OCOT
23487	10/5-26 (4)	W	9-10AM	LC-OCOT
23488	11/2-30 (5)	W	9-10AM	LC-OCOT
23489	11/7-28 (4)	M	9-10AM	LC-OCOT
23490	12/5-19 (3)	M	9-10AM	LC-OCOT
23491	12/7-21 (3)	W	9-10AM	LC-OCOT

Language Arts and Writing

Anyone Can Have Fun Writing

The aim is to encourage writing in the same spirit in which you might approach painting, singing, or modeling with clay: as something natural and recreational. The course includes strategies and tips for writing smoothly, effectively and happily; friendly discussion about its joys and difficulties, and a chance to share any writing on which you may have been working. The instructor is a former journalist, editor and English teacher. Bring to class: A pad or notebook with lined paper and either a pen or a couple of sharpened pencils.

Instructor: Jay Kobler

Fee: Member \$50/Non-member \$60

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23925	10/19-11/9	W	1-3PM	WC-RM 2
23926	11/28-12/19	M	1-3PM	WC-RM 2

Basic Sign Language

Basic Sign Language is an introduction to the language of Signs. You will learn the alphabet, numbers, days of the week, months of the year, greetings, about 100 words, deaf culture and body placement of signs. Basic sign is the foundation for Conversational Sign language. Come and begin to learn this beautiful language. Instructor has taught sign language for over 25 years. Required text *The Art of Sign Language Phrases* by Christopher Brown (available locally).

Instructor: Debrah Jones

Fee: Member \$65/Non-member \$75

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23835	10/3-11/7	M	9-10:30AM	EC-GAME
23836	11/14-12/19	M	9-10:30AM	CH-MSQT

Conversational Sign Language

Conversational Sign Language continues where Basic Sign Language left off. Must have completed Basic Sign Language. We will continue to learn more signs, sentences, idioms, and will engage in in-class sign conversations. This class will expand your knowledge of signs and your ability to communicate in Sign. Sign language is a very good exercise for hands and brain. Instructor has taught sign language for over 25 years. Required text *The Art of Sign Language Phrases* by Christopher Brown (available locally).

Instructor: Debrah Jones

Fee: Member \$65/Non-member \$75

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23837	10/3-11/7	M	12-1:30PM	EC-GAME
23838	11/14-12/19	M	12-1:30PM	CH-MSQT

Spanish - Basics

This course is an introduction to learn the alphabet and words, telling time, greetings useful expressions and even how to order a meal. Handouts included. Zandra is a native speaker and experienced instructor. No class 11/21.

Instructor: Zandra Pardi

Fee: Member \$45/Non-member \$55

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
23726	10/3-17	M	9-11AM	DH-RM A
23727	10/24-11/7	M	9-11AM	DH-RM A
23728	11/14-12/5	M	9-11AM	DH-RM A

Spanish-Elementary

This class is for those who have finished Basic Spanish. The course covers present tense of regular verbs and the verb "to be". Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra is a native speaker and experienced instructor. No class 11/22.

Instructor: Zandra Pardi

Fee: Member \$65/Non-member \$75

Classes: 5

CR#	DATES	DAY	TIME	LOCATION
23729	10/25-11/29	Tu	9-11AM	DH-RM C

Spanish - Elementary II

This class is a continuation of Spanish - Elementary. This course covers verbs like "gustar" and the present progressive tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra is a native speaker and experienced instructor. Instructor: Zandra Pardi

Fee: Member \$45/Non-member \$55 Classes: 3
CR# DATES DAY TIME LOCATION
23733 10/3-17 M 12:30-02:30PM DH-RM C

Spanish - Intermediate

This class is for those who have finished Spanish Elementary II. The course covers the preterite tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra is a native speaker and experienced instructor. No class 11/21. Instructor: Zandra Pardi

Fee: Member \$65/Non-member \$75 Classes: 5
CR# DATES DAY TIME LOCATION
23738 10/24-11/28 M 12:30-2:30PM DH-RM C

Español Practico I

Esta clase es para aquellas personas que ya hablan en tiempo presente y desean platicar "un poco de todo." Zandra is a native speaker and experienced instructor. No class 11/24. Instructor: Zandra Pardi

Fee: Member \$55/Non-member \$65 Classes: 4
CR# DATES DAY TIME LOCATION
23742 10/6-27 Th 12:30-2:30PM DH-RM C
23743 11/3-12/1 Th 12:30-2:30PM DH-RM C

Español Practico II

Esta clase is para continuar platicando en diferentes tiempos la lenqua espanola "Hablaemos un poco de todo." Zandra is a native speaker and experienced instructor. No class 11/25. Instructor: Zandra Pardi

Fee: Member \$55/Non-member \$65 Classes: 4
CR# DATES DAY TIME LOCATION
23745 10/7-28 F 9-11AM DH-RM C
23746 11/4-12/2 F 9-11AM DH-RM C

French I

Start - or start again - learning French with confidence. We will focus on oral communication, travel vocabulary and basic grammar. Required text: *Learn French the Fast and Fun Way*, by Elizabeth Bourquin Leete. Instructor is a native French speaker and educator. Instructor: Sylvie Robertshaw

Fee: Member \$80/Non-member \$90 Classes: 5
CR# DATES DAY TIME LOCATION
23215 10/7-11/4 F 10AM-12PM LC-ACAC

French II

Knowledge of some French is required for this class. We will explore the French language and the French culture through everyday situations using oral communication. Required text: *Learn French the Fast and fun Way*, by Elizabeth Bourquin Leete. Instructor is a native French speaker and educator. No class 11/25. Instructor: Sylvie Robertshaw

Fee: Member \$80/Non-member \$90 Classes: 5
CR# DATES DAY TIME LOCATION
23216 11/11-12/16 F 10AM-12PM CPI-REC

French III

This class is a continuation of French II with focus on more complex life and language situations. Intermediate level speakers welcome. Text: *Learn French the Fast and Fun Way*, by Elizabeth Bourquin Leete. Instructor is a native speaker and educator. Instructor: Sylvie Robertshaw

Fee: Member \$80/Non-member \$90 Classes: 5
CR# DATES DAY TIME LOCATION
23217 10/11-11/8 Tu 10AM-12PM LC-ACAC

French Conversation

Cette classe est pour les personnes qui veulent pratiquer. Les sujets de conversation sont choisis par les participants du groupe. On peut donc prendre cette classe plusieurs fois pour le plaisir de parler et de progresser encore. Instructor is a native French speaker and educator. Small fee may apply for handouts. Instructor: Sylvie Robertshaw

Fee: Member \$80/Non-member \$90 Classes: 5
CR# DATES DAY TIME LOCATION
23218 11/15-12/13 Tu 10AM-12PM LC-ACAC

Italian II

This class is a continuation of Italian I or requires some knowledge of the language. The class covers grammar, vocabulary and dictation with emphasis on conversation and role playing. Customs and Italian culture are also covered. Text: *Learn Italian the Fast and Fun Way*, by Marcel Danesi (available locally). Instructor is a native speaker with years of teaching experience. No class 11/23. Instructor: Annamaria

Fee: Member \$72/Non-member \$82 Classes: 6
CR# DATES DAY TIME LOCATION
23369 11/9-12/21 W 9-10:30AM CH-MSQT

Write Your Life

Leave a living legacy of your life's highlights for family and friends. Share with others the stories of your childhood, your work, joys, challenges and successes. Constructive comments will be offered by classmates. Bring writing to first class along with paper and pencil. No class 11/22.

Instructor: Ardyth Guest

Fee: Member \$40/Non-member \$50

Classes: 5

CR#	DATES	DAY	TIME	LOCATION
23316	11/1-12/6	Tu	9-11AM	DH-RM A

Lapidary

Lapidary, Beginning

Learn to cut, grind and polish quality stones and prepare the Gem Cabochon to set in jewelry. Class participation requires standing and walking to use the various equipment. Materials charge (rough gemstones) is \$30 payable at the first class.

Instructor: Lapidary Club

Fee: \$35

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
23888	10/3-5	M,W	3-5PM	WC-LAP
23889	10/10-12	M,W	3-5PM	WC-LAP
23890	10/17-19	M,W	3-5PM	WC-LAP
23891	11/7-9	M,W	3-5PM	WC-LAP
23892	11/14-16	M,W	3-5PM	WC-LAP
23893	12/5-7	M,W	3-5PM	WC-LAP
23894	12/12-14	M,W	3-5PM	WC-LAP

Basic Wire Wrap Jewelry Class

Basic techniques for wire wrapping stones and beads is a hands on class. The fast pace could be difficult for arthritic hands. Techniques taught include the basic loop, spiral coil cage and free form wrapped pendant with wrapped bail. You will complete three projects in class. Gauges and properties of wire will be discussed. Bring the following tools: Chain nose, flat nose and round nose jewelry pliers, flush cutters, 12 in. ruler, and a fine tip permanent marker. Material charge is \$25 payable at class. (Tools available for purchase).

Instructor: Lapidary Club

Fee: \$30

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23874	10/14	F	9AM-12PM	EC-STUDIO
23875	11/18	F	9AM-12PM	EC-STUDIO

Beginning Chain Making

The student will learn to make a chain bracelet or two in silver or copper - lovely to wear or give as a gift. Material charge which includes jump rings and clasps, is estimated at \$80 for 2 silver (depending on current silver prices) bracelets or \$30 for copper or \$65 for one of each and will be payable at the first class. Tools will be furnished.

NOTE: This class requires working with pliers and could be difficult for arthritic hands.

Instructor: Lapidary Club

Fee: \$35

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23878	11/8-10	Tu,Th	10AM-12PM	EC-STUDIO
23879	12/6-8	Tu,Th	10AM-12PM	EC-STUDIO

Introduction to Fusing Dichroic Jewelry

Students will assemble 3 pieces of fusible glass and dichroic glass. These pieces may be used for pendants, earrings, etc. This class will give a basic knowledge of glass fusion as well as dichroic glass capabilities. No prior experience is necessary. No tools needed. This is a two day (separated) class. The class includes cutting, design, fusing and finishing. The material charge of \$30 which includes glass, bails, etc. is to be paid at the first class.

Instructor: Lapidary Club

Fee: \$30

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23882	10/12-14	W,F	2-4PM	EC-STUDIO
23883	11/9-11	W,F	2-4PM	EC-STUDIO

Kumihimo

This ancient Japanese braiding method is taught using a marudai (disk/jig) to create a cording with many designs and colors. This cord can be used instead of chains, black cording, etc. The thickness varies according to size of yarn, thread, string or material used. Class will include the history and logic that makes it simple, nothing to memorize. Bring paper, pen and scissors to the class. Material fee \$20 paid to instructor at class.

Instructor: Lapidary Club

Fee: \$25

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23886	12/8	Th	1-3PM	EC-STUDIO



Metal Forming Seminar

This is a PREREQUISITE FOR ANY METAL FORMING OR FORGING CLASS taught by the Lapidary Club. The seminar includes safety, metals, tools and techniques used in metal smithing. Learn about our micro brake and other corrugators, circle disc cutter, dapping blocks, punches, mandrels, stamps, hammers, hydraulic presses and other tools. Lapidary Members Only classes are taught in each of these categories. There will be many examples in copper, brass and silver with some hands on activity. Material fee of \$15 paid at class.

Instructor: Lapidary Club

Fee: \$10

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23900	11/12	Sa	1-4:30PM	EC-STUDIO

Silversmithing

Learn how to work with silver and the basics of silver soldering. Students will be introduced to the basic elements of Silversmithing: Torch soldering, choosing a solder, solder melting points and fitting a solder joint. We will touch on design and the melting point of silver. This first day prepares you for the second class, where you will learn the techniques of cutting, sawing and finishing. You will complete a turquoise ring. All tools and materials are furnished. You may be on your feet for 2 hours per class. **The material fee of \$75.00 MUST be paid at West Center Lapidary prior to the first class. (Bring receipt to class).**

Instructor: Lapidary Club

Fee: \$50

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23903	10/17-19	M,W	2-5PM	EC-STUDIO
23904	10/24-26	M,W	2-5PM	EC-STUDIO
23905	11/14-16	M,W	2-5PM	EC-STUDIO
23906	11/28-30	M,W	2-5PM	EC-STUDIO
23907	12/5-7	M,W	2-5PM	EC-STUDIO
23908	12/12-14	M,W	2-5PM	EC-STUDIO

Silversmithing, Casting

Prerequisite: Silversmithing. The class will utilize the "lost wax" technique and each student will finish at least one silver casting. The class requires two sessions, each 2-3 hours long. Materials fee is estimated to be \$40-\$45. Materials provided include silver, molding materials, a sterling chain and/or ear wires. Wax models and original models will be furnished and must be used by the students in the class.

Instructor: Lapidary Club

Fee: \$35

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23910	11/9-10	W,Th	3-6PM	DH-LAP
23911	12/7-8	W,Th	3-6PM	DH-LAP

Silversmithing, Precious Metal Clay (PMC)

The student will be given knowledge in the use of PMC which contains silver to mold a piece of jewelry. Then it will be kiln fired, finished and polished by the student and made into a beautiful piece of silver jewelry or earrings. Basic tools provided. Material fee of \$70 (depending on silver prices) is payable the first day of class. Materials include PMC, findings and necklace cord.

Instructor: Lapidary Club

Fee: \$30

Classes: 2

CR#	DATES	DAY	TIME	LOCATION
23913	11/7-11	M,F	9AM-12PM	EC-STUDIO
23914	12/5-9	M,F	9AM-12PM	EC-STUDIO

Lectures

Our Lecture Series is FREE and open to all GVR Members and the General Public!

SEPTEMBER

PCOA	1	Th	WC	9am
Parkinson's Group	2	F	EC	1pm
G.V. Gardeners	15	Th	EC	9am
Northwest Med. Center	15	Th	WC	9am
AZ Cancer Center	21	W	WC	10am
G.V. Gardeners	22	Th	EC	9am
G.V. Gardeners	29	Th	EC	9am

OCTOBER

White Elephant and Friends	4	Tu	WC	10am
PCOA	6	Th	WC	9am
G.V. Gardeners	6	Th	EC	9am
Parkinson's Group	7	F	EC	1pm
Dr. Carlton Baker	11	T	CH	9am
G.V. Gardeners	13	Th	EC	9am
Northwest Med. Center	13	Th	WC	9am
SAV Safety Lecture	15	S	WC	10am
AZ Cancer Center	19	W	WC	10am
G.V. Gardeners	20	Th	EC	9am
Sarver Heart	20	Th	CH	10am
Tucson Orthopaedic Institute	20	Th	EC	2pm
G.V. Gardeners	27	Th	EC	9am

NOVEMBER

Sonora Lung Care	1	Tu	WC	10am
Janice Nicol DVM MS	2	W	EC	9am
PCOA	3	Th	WC	9am
G.V. Gardeners	3	Th	EC	9am
Parkinson's Group	4	F	EC	1pm
Scan Health Plan	7	M	DH	2pm
Janice Nicol DVM MS	9	W	EC	9am

AZ Cancer Center	9	W	WC	10am
G.V. Gardeners	10	Th	EC	9am
Northwest Med. Center	10	Th	WC	9am
Arthritis Foundation	10	Th	EC	2pm
G.V. Gardeners	17	Th	EC	9am
Sarver Heart	17	Th	CH	10am
Tucson Orthopaedic Institute	17	Th	EC	2pm

DECEMBER

PCOA	1	Th	WC	9am
Tucson Orthopaedic Institute	8	Th	EC	2pm
AZ Cancer Center	14	W	WC	10am
Sarver Heart	15	Th	CH	10am

Music Lessons

Beginning Folk Guitar

Want to get that guitar out of the closet? Learn basic chords and strumming techniques for a variety of folk songs, including "Tom Dooley", "Red River Valley" and "Happy Birthday." You must have your own guitar. Materials fee of \$6 for handouts paid to instructor at class. Instructor suggests purchasing an electronic tuner (a little over \$20) which will be discussed at class.

Instructor: Joan Bell Dakin

Fee: Member \$45/Non-member \$55 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23317	10/10-31	M	9-10AM	WC-RM 2

 **Beginning Folk Guitar II**

Learn more chords, strums and receive an introduction to Fingerpicking style. You must have your own guitar. Materials fee of \$6 for handouts paid to instructor at class. Instructor suggests purchasing an electronic tuner (a little over \$20) which will be discussed at class.

Instructor: Joan Bell Dakin

Fee: Member \$45/Non-member \$55 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23318	11/7-28	M	9-10AM	WC-RM 2



Instant Piano for Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. If you can find middle C and know the meaning of *Every Good Boy Does Fine*, you already know enough to enroll in this workshop. Total beginners can request a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85295. Materials fee \$29 for workbook and 60 minute practice CD to be paid to instructor at class. Course fee discounted if taking same weekend with another Coffman class. This course unavailable for online registration. website:justonceclasses.com

Instructor: Craig Coffman

Fee: Member \$30/\$25/Non-member \$40/\$35 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23692	10/29	Sa	8:30-11:30AM	EC-AUD

How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence. Required Materials fee of \$29.00 for the How to Play Piano by Ear Book and Practice CD will be collected in class by the instructor. Course fee discounted if taking same weekend with another Coffman class. This course unavailable for online registration.

Website: justonceclasses.com

Instructor: Craig Coffman

Fee: Member \$30/\$25/Non-member \$40/\$35 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23693	10/29	Sa	12:15-2:45PM	EC-AUD

Instant Guitar For Busy People

Have you ever wanted to learn the guitar? In just a few hours absolute beginners can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Materials fee of \$29 paid to instructor for workbook and CD. Course fee discounted if taking same weekend with another Coffman class. This course unavailable for online registration. Website: justonceclasses.com.

Instructor: Craig Coffman

Fee: Member \$30/\$25/Non-member \$40/\$35 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23694	10/29	Sa	3-5:30PM	EC-AUD

Painting & Drawing

Basic Drawing Bootcamp Part I

This course is designed for beginning artists and as a refresher course for experienced artists. In this positive environment, basic principles will be covered such as line, value, form, positive and negative shapes, composition and much more. Lectures, demos and individualized help will be offered weekly. Bring drawing materials the first day of class. Material fee \$3 for handouts paid to instructor at class. SUPPLY LIST given at registration.

Instructor: Susan Morris

Fee: Member \$80/Non-member \$90

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23796	10/12-11/2	W	9AM-12PM	DH-ART

Basic Drawing Bootcamp Part II

This course continues the basics for a beginning artist or as a refresher for experienced artists. In the positive environment, composition and basic principles will be reviewed as we get into 1, 2 and 3 point perspective, expressive portraiture, the figure and much more. Lectures, demos and individualized help will be offered. Bring drawing materials the first day of class. Material fee \$3 paid to instructor at class. SUPPLY LIST available at registration. No class 11/23.

Instructor: Susan Morris

Fee: Member \$80/Non-member \$90

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23797	11/9-12/7	W	9AM-12PM	DH-ART

Designing for Success

This course is designed to help you improve your paintings and drawings by making conscious choices in the use of line, value, shape, space and texture. Learn how to discuss questions of Art Aesthetics and Art Criticism and how to prepare your art to express your message. Get an in-depth understanding of color theory and experience color mixing. Become familiar with the principles of unity, rhythm, proportion, dominance and balance and how to use these principles of Composition and Design to create art with greater expression and impact. Bring current and future planned projects. SUPPLY LIST will be given at registration.

Instructor: Susan Morris

Fee: Member \$100/Non-member \$110

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23805	10/14-11/18	F	9AM-12PM	DH-ART

Drawing Portraits in Graphite

This step by step process in drawing portraits in graphite goes beyond just drawing a person. An emphasis on "catching the likeness of the subject" will be taught as well as structure and facial proportions. Students may also work in other media as the information can be applied to all media. You will be working mostly from photographs, but will experience some life drawing. Lectures, demos and individualized help will be offered in a positive atmosphere. Bring drawing materials the first day of class. A suggested SUPPLY LIST available at registration. Material fee of \$5 paid to instructor at first class for written materials.

Instructor: Susan Morris

Fee: Member \$100/Non-member \$110

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
23795	10/11-11/15	Tu	1-4PM	EC-ART

Watercolor Mini Marathon I

Learn basic, traditional watercolor techniques, gain a firm foundation of understanding watercolor and how to control this medium - getting the effect you want ... when you want it! Come learn to use your creativity in a way that no other medium allows. Color theory, composition and design elements will also be taught, helping you create art with greater expression and impact. Lectures, demos and friendly feedback are included in each session. Bring watercolor supplies you already have. SUPPLY LIST given at registration.

Instructor: Susan Morris

Fee: Member \$80/Non-member \$90

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23793	10/12-11/2	W	1-4PM	EC-ART

Watercolor Mini Marathon II

Learn several experimental and fun new methods that add texture, variety and a spark of interest to your paintings. Cut loose and let this beast do what it wants for a bit! Give in and let the results of this fascinating medium surprise you! Color theory, composition and design elements will also be taught, helping you create art with greater expression and impact. Lectures, demos and friendly feedback are included in each session. Bring watercolor supplies you already have. SUPPLY LIST given at registration. No class 11/23.

Instructor: Susan Morris

Fee: Member \$80/Non-member \$90

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23794	11/9-12/7	W	1-4PM	EC-ART



Carreras Workshop I: Understanding Color

Color is one of the most fascinating and powerful elements in art. Evocative and mysterious, color is natural to all of us, yet intimidating for many artists. In this workshop we will understand color, its roots and powerful effect. We'll cover the basic properties and mixing of color. We will get to know the anatomical reasons for our perception of color and some fascinating optical effects: what we see that is not there, yet it is real to us. No online registration. SUPPLY LIST given at registration. Discounted fee if taking 2 or 3 workshops. Bring lunch and beverage.

Instructor: Mariana Carreras

Fee: Member \$70/\$65/Non-member \$80/\$75 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23972	11/5	Sa	9AM-3PM	SRS-ART

Carreras Workshop II: Color in Painting

When our technique of choice painting, our freedom and comfort with color is dependent on our understanding on the quality and property of pigments, our comfort with color mixing, and our knowledge of harmonies and palettes; in this workshop we focus on strengthening our understanding of all those areas. Our goal is to feel completely comfortable with our color in painting. No online registration. SUPPLY LIST given at registration. Discounted fee if taking 2 or 3 workshops. Bring lunch and beverage.

Instructor: Mariana Carreras

Fee: Member \$70/\$65/Non-member \$80/\$75 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23973	11/12	Sa	9AM-3PM	SRS-ART

Carreras Workshop III: The Art of Glazing

When oils were discovered in the Renaissance, a medium that was going to completely change the history of art was born. Among many characteristics, oils allow for smooth blending of colors and the application of glazes. Glazes, transparent layers of color, and the use of opaque pigments in and out of them, give the effect of "sfumato": smoky transitions from light to dark that Renaissance masters were famous for. This workshop is an introduction to the historical and practical application of oil glazes and the marvelous effects they lend. No online registration. SUPPLY LIST given at registration. Discounted fee if taking 2 or 3 workshops. Bring lunch and beverage.

Instructor: Mariana Carreras

Fee: Member \$70/\$65/Non-member \$80/\$75 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23974	11/19	Sa	9AM-3PM	SRS-ART

Drawing Basics I

This class is for anyone who would like to learn some basic techniques and principles. You will learn to develop your own style while completing exercises in mark marking, positive and negative shapes, composition and perspective to name a few. We will be using charcoal in this class so you will get dirty. It's eye opening and fun. SUPPLY LIST given at registration. No class 10/11.

Instructor: Julie Franzone

Fee: Member \$80/Non-member \$90 Classes: 8

CR#	DATES	DAY	TIME	LOCATION
23998	10/4-11/29	Tu	9-11AM	DH-ART

Drawing for Fun

Students will learn to put what they see into beautiful art.

Students bring to class 90# weight paper, pencils 2-6-8.

Instructor: Jan Wills

Fee: Member \$50/Non-member \$60 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23775	10/5-26	W	9-11AM	EC-ART
23776	11/2-23	W	9-11AM	EC-ART
23777	11/30-12/21	W	9-11AM	EC-ART

Drawing for Fun - Advanced

With the basics under our belt, we will explore more detail and have an instructor arranged culminating field trip.

Instructor: Jan Wills

Fee: Member \$50/Non-member \$60 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23785	10/4-25	Tu	9-11AM	EC-ART
23786	11/1-22	Tu	9-11AM	EC-ART
23787	11/29-12/20	Tu	9-11AM	EC-ART

Oil Painting for Fun

One painting is completed every four classes. Learn basic teaching techniques and art principals. Bring to class a 16 x 20 canvas, basic paints and brushes. If 11/25 or 12/23 is unacceptable, mutually agreed upon make up dates will be determined.

Instructor: Jan Wills

Fee: Member \$65/Non-member \$75 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23772	10/7-28	F	9AM-12PM	EC-ART
23773	11/4-11/25	F	9AM-12PM	EC-ART
23774	12/2-12/23	F	9AM-12PM	EC-ART

Watercolor for Fun

Let's get color and looseness in those paintings! Please bring paper and paint to class. No class 11/24.

Instructor: Jan Wills

Fee: Member \$55/Non-member \$65 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23788	10/6-27	Th	9-11AM	EC-ART
23789	11/3-12/1	Th	9-11AM	EC-ART
23790	12/8-29	Th	9-11AM	EC-ART

Drawing Out of Your Mind

This drawing course is intended for those who believe they cannot draw. It brings forth hidden drawing abilities we all have. A variety of exercises are employed to gradually loosen students to find their unique, individual talents - For all levels! Supplies - drawing instrument of choice - tablet of drawing paper.

Instructor: Paul McCreary

Fee: Member \$40/Non-member \$50 Classes: 2
CR# DATES DAY TIME LOCATION
 23997 10/26-11/2 W 10AM-12PM EC-GAME

Multiple Media - Fume Free

This class is for beginning and advanced students receiving one to one instruction. You can work in any media you desire including watercolor, pastels, acrylics and drawing. A list of suggested materials will be given at registration. Feel free to call Lupe with any questions about her class at 520-406-6419. Bring a photo to work from, instructor does not accept copies from another artist. Class unavailable for online registration.

Instructor: Guadalupe De La Torre

Fee: Member 2 classes \$30, 3 classes \$45, 4 classes \$60

Non-member 2 classes \$40, 3 classes \$55, 4 classes \$70

CR# DATES DAY TIME LOCATION
 23652 10/10-31 (4) M 9AM-12PM DH-ART
 23653 11/7-28 (4) M 9AM-12PM DH-ART
 23654 12/5-19 (3) M 9AM-12PM DH-ART
 23649 10/10-31 (4) M 1-4PM DH-ART
 23650 11/7-28 (4) M 1-4PM DH-ART
 23651 12/5-19 (3) M 1-4PM DH-ART

Painting with Pastels

Discover your artistic talents - drawing and painting with sumptuous soft pastel sticks of solid pigment. This is a forgiving medium, which shows responsive strokes of gorgeous color in landscape, still life or portraits. Learn how to paint three dimensionally by using strong contrast, point of interest and aerial perspective. Come join Lupe for the fun and fulfillment of painting with pastels. Bring your own photographs and pastel supplies.

Instructor: Guadalupe De La Torre

Fee: Member 3 classes \$45, 4 classes \$60

Non-member 3 classes \$55, 4 classes \$70

CR# DATES DAY TIME LOCATION
 23657 10/7-28 (4) F 1-4PM DH-ART
 23658 11/4-18 (3) F 1-4PM DH-ART
 23659 12/2-16 (3) F 1-4PM DH-ART

Tempera-Ink Resist Workshop

This is the technique of painting a design with tempera (washable paint) and inking and washing the painting to achieve an under-painting or design which can be finished in a variety of ways. SUPPLY LIST given at registration. Material fee of \$5 paid to instructor at class for poster paint. Fee includes both days.

Instructor: Georgia Doubler

Fee: Member \$70/Non-member \$80 Classes: 2
CR# DATES DAY TIME LOCATION
 23918 10/21-22 F,Sa 12:30-3:30PM SRS-ART

Your Creative Process

Liberate your inner artist! More about the artist than the art, process than product, we explore creativity itself through experiential exercises. You will be supported in clearing your path of stumbling blocks. We use drawing, b/w and color, as an immediate medium of investigation. For 35 years Arienne has found herself at the confluence of art-making and psycho-spiritual inquiry. Her work and biographical info can be seen at Arienne-Ellis.com and OpeningLinesNotecards.com. SUPPLY LIST given at registration.

Instructor: Arienne Ellis

Fee: Member \$95/Non-member \$105 Classes: 6
CR# DATES DAY TIME LOCATION
 23989 10/14-11/18 F 9AM-12PM CR-AMADO

Special Interest

Arizona Butterflies Part I: Swallowtails, Oranges and Sulphurs

In the first installment of the Butterflies of Arizona, we introduce the classification, structure, and metamorphosis of all butterflies. We then dive into the swallowtails, which include some of the biggest and most impressive butterflies on the planet. We conclude the class with a look at butterflies that are mostly white, orange, or yellow and are quite conspicuous as they flutter through your yard or the desert.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1
CR# DATES DAY TIME LOCATION
 23703 11/14 M 10AM-12PM LC-IRWD



Arizona Butterflies Part 2: Hairstreaks, Blues and Metalmarks

The second installment of the Butterflies of Arizona focuses on some of our most interesting insects. Hairstreaks, blues, and coppers are collectively known as gossamer wings. They are small, fast-flying butterflies that are quite colorful and have extraordinary caterpillars. Next we delve into the metalmarks, so named for their shimmering wing markings. Both families are easily observed in your yard or on a mountain hike.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23704	11/21	M	10AM-12PM	LC-IRWD

Arizona Butterflies Part 3: Brush-foots

Did you know that Brush-foots are so named because of their specialized front legs? In this class, we introduce the largest family of butterflies in the world. Brush-foots includes such familiar butterflies as Monarch, Queen, Painted Lady, and Red Admiral, as well as such magical creatures as satyrs, fritillaries, and buckeyes. Join us for the third installment of the Butterflies of Arizona series as we explore these colorful and well-known butterflies.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23705	11/30	W	10AM-12PM	LC-IRWD

Arizona Butterflies Part 4: Skippers

In the final portion of the butterflies of Arizona series, we study skippers. Fast-flying dynamos, some skippers present serious identification challenges to butterflyers. Other skippers are stunningly beautiful and easy to recognize. This class will explore these fascinating butterflies and tackle the many identification hurdles that these butterflies present.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23706	12/5	M	10AM-12PM	LC-IRWD

Bats, Bats, Bats

Bats are a much-maligned, much-misunderstood group of mammals. In reality, bats are fascinating, diverse and highly beneficial. This class will explore the diversity, importance, and ecology of these amazing animals. We will also dispel many of the misconceptions that humans have about bats. We will pay particular attention to bat species found in Arizona.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23701	10/31	M	10AM-12PM	LC-IRWD

Bounteous Beetles

Beetles are the largest single group of animals on the planet. They are also full of contradictions.

Beetles can be both pests and highly beneficial predators of pests. They can be brightly colored or fairly dull. They range in size from that of the head of a pin to half a foot. "Bounteous Beetles" will introduce students to the amazing diversity of beetles, focusing on species found in southern Arizona. I will be bringing in some live specimens as part of the class.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23697	10/17	M	10AM-12PM	LC-IRWD

Shorebirds

Shorebirds are an amazing group of birds, famous for undertaking some of the longest migrations known in birds. These birds, found along coasts, lake shores, and other open habitats, present some difficult identification challenges to birders. This class will explore the great diversity of shorebirds, highlighting their classification and identification.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23707	12/12	M	10AM-12PM	LC-IRWD

The Dazzling World of Caterpillars

Everyone is familiar with the dazzling beauty of butterflies (and many moths). However, most people hardly ever glimpse their earlier stages, the egg, caterpillar and pupa. Caterpillars that are observed are usually seen devouring our gardens and flowers. In this class we will investigate the caterpillars of moths and butterflies and dispel some of the myths that pertain to them. Since moths outnumber butterflies by at least 10 to 1, many of the caterpillars we will look at will be those of moths. With this class, we hope to get students to appreciate these wonderful creatures and to search for them in their yards, while walking the dog, or when they are out in nature.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23698	10/21	F	10AM-12PM	CH-MSQT

Turtles and Toads

This class takes a look at two very different groups of desert animals. Turtles and their more terrestrial cousins, tortoises, are iconic symbols of life lived at a slower pace. Toads are amphibians that do a surprisingly good job of living in deserts, where standing water is an often ephemeral resource. This class looks at the diversity of these creatures in the Sonoran Desert.

Instructor: Jeff Babson

Fee: Member \$19/Non-member \$29

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23700	10/24	M	10AM-12PM	LC-IRWD

Astronomy - Where are the Bright Stars and Planets?

Learn the location of the 5 brightest planets in the solar system; Mercury, Venus, Mars, Jupiter and Saturn and the best time to look. You'll also be able to identify 13 of the brightest stars and their constellations, all this without the aid of binoculars or telescope. We'll discuss the birth and death of stars, the solar system and recent discoveries of potential life on other planets. We will also discuss the significance of mysterious Black Holes, time dilation, space contraction, Worm Holes and other bizarre events postulated by Einstein's theories of Special and General Relativity. There will be the option to meet with instructor during night or morning hours to locate planets and stars studied during class. Material fee \$20 for handouts and sky charts including color images of stars nebula and light spectra essential for scientific analysis, paid to instructor at first class.

Instructor: Park Thoreson

Fee: Member \$65/Non-member \$75

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23472	10/6-27	Th	9-11AM	DH-RM A



Beginning Birdwatching

Southeast Arizona is one of the most popular bird watching areas in America. Get started on this fun-filled pastime with Sandy McMahan, an experienced naturalist (for Arizona-Sonora Desert Museum, Saguaro, Grand Canyon, Rocky MT., North Cascades and Sequoia National Parks and Audubon Society member) who has taught hundreds of people to enjoy watching birds. We'll talk about choosing binoculars, scopes, and good field-guides. The first day includes a two and one half hour class followed by field practice and lunch, and ends mid-afternoon. There will be two instructor led follow-up field trips to great birding locales. Bring binoculars, notebook, field-guides if you have them, and lunch to first class. Call instructor for information: 648-0054

Instructor: Sandra McMahan

Fee: Member \$50/Non-member \$60

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23333	10/12	W	8-10:30AM	EC-LNGE
Field Trip Dates: 10/19 and 10/26				
23334	11/3	Th	8-10:30AM	EC-LNGE
Field Trip Dates: 11/10 and 11/17				
23335	12/1	Th	8-10:30AM	EC-LNGE
Field Trip Dates: 12/8 and 12/15				

Caring for your Desert Landscaping

How to care for your desert landscaping. Week 1: Do it yourself landscaping basics (pruning, planting, non-toxic weed control, fertilizing). Week 2: What to plant, why and when (trees, shrubs, ground cover, perennials). Week 3 Watering basics (irrigation layout, how to determine how much or how little, water harvesting). Week 4: What's wrong with my plant? (diseases, insects and diagnosing problems). \$7 fee for handouts paid to instructor at class. Instructor is a Landscape Architect, Certified Arborist and has accumulated 25 years of gardening experience in the Green Valley area.

Instructor: Linda Strader

Fee: Member \$40/Non-member \$50

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23800	10/3-24	M	9-10AM	CR-AMADO
23801	10/31-11/21	M	9-10AM	CR-AMADO
23802	11/28-12/19	M	9-10AM	CR-AMADO

**Classes start October 1st!
Register today!!**

Communication is the Key

Imagine the people you care about clearly understanding you, and you understanding friends and family better than before, How much better would life be? In this course you will learn about, and practice, the details of human rapport skills. Past participants report enhanced relationships and a better understanding of how to prevent past misunderstandings. We are always communicating in words, pictures and feelings. Most people only listen in one or two or the three modes. In this course we'll learn how to use all three for optimum communication. We then will apply what we've learned in exercises designed to practice specific communication skills. You will be amazed at the difference! \$10 paid to instructor for book used during class.

Instructor: David Lichty

Fee: Member \$60/Non-member \$70

CR#	DATES	DAY	TIME	LOCATION
23680	10/18-11/1	Tu	9-11AM	LC-IRWD

Classes: 3

Facebook Made Simple

Your friends and family have been talking about Facebook for a few years now. It's new. It's different, and it is a great way to be in touch with loved ones. See photos, read and send notes and more. Attend this easy introduction to the world's fastest growing communication tool and find out how easy and safe it really is to get started. Your guides will patiently show you how easy it can be. Bring your laptop and practice as we go! \$10 Materials fee paid to instructor (for course book; plus Access to on-line How To video clips.)

Instructor: David Lichty

Fee: Member \$30/Non-member \$40

CR#	DATES	DAY	TIME	LOCATION
24085	10/12	W	9AM-11:30AM	LC-IRWD

Classes: 1

Facebook the Next Steps

You have a Facebook account and love seeing photos of your family & friends. The news of who's doing what is great, and it seems that there is something more. This class will show you how to go to the next level with Facebook: set your privacy and security settings for safety, upload photos, upload video clips, create a private group for your club, create a fan page for your favorite organization and more. Bring your laptop and practice as we go! \$10 Materials fee (for course book; plus access to on-line How To video clips.).

Instructor: David Lichty

Fee: Member \$30/Non-member \$40

CR#	DATES	DAY	TIME	LOCATION
23929	10/26	W	9-11:30AM	LC-IRWD

Classes: 1

Computer Communications

This class is for computer users who want to become more familiar with how to safely use their computer and comfortable using it for communication and Internet transactions. Learn how to configure your computer for maximum efficiency and speed, the basics of how to navigate around your computer and how to handle Scareware and viruses. Learn how to use your computer for communications: Email setup, how to attach documents and photos, how to download pictures from your phone and camera, use Skype to do voice and video chat, use of the Internet for home and travel phone service, the basics of how to Tweet and use messaging applications and how to use Paypal to make safe online transactions. Requirements: Basic computer skills, Laptop with Wireless Network Capabilities. (If you are not sure you have this please contact Ron at 858-472-7238).

Instructors: Ron and Susanne Phillips

Fee: Member \$50/Non-member \$60

CR#	DATES	DAY	TIME	LOCATION
23994	11/3-17	Th	1-3:30PM	CH-MSQT

Classes: 3

Earning Beginning Level Amateur Radio License

This course will cover information necessary to pass the beginning level test for an amateur radio license. The class will consist of five, two hour classes. The sixth class will be devoted to taking the Technician level examination. Morse Code is no longer required. A study text will be required and can be purchased from the instructor for \$20 at the first class.

Instructor: Lloyd Miller

Fee: Member \$12/Non-member \$22

CR#	DATES	DAY	TIME	LOCATION
23840	10/6-11/10	Th	9-11AM	EC-GAME

Classes: 6

eBay 101: Sell Your Stuff Online at eBay and Other Sites

NO COMPUTER NECESSARY, BUT THERE IS Wi-Fi available. This is a beginner's class in selling your stuff on-line. It is so easy, and you can get so much more than at a garage sale. Sam Yulish, Ph.D., is the author of *What To Buy at Garage Sales, Estate Sales, and Auctions that WILL SELL at eBay and Amazon in 2011*. He will also show you how to find what's hot and what's not. All you need is a camera and a computer (you don't need to bring it to class) and this course.

Instructor: Samuel Yulish

Fee: Member \$50/Non-member \$60

CR#	DATES	DAY	TIME	LOCATION
23867	11/8-12/6	Tu	10-11AM	LC-IRWD

Classes: 5

Important Computer Tips for EVERYONE

No computer needed! Sam Yulish, PhD, has been teaching computer courses since 1973! In this class, he will give you numerous important tips on running and maintaining your computer, saving your hard drive, speeding up your computer, virus protection and more. Minimal experience required.

Instructor: Samuel Yulish

Fee: Member \$15/Non-member \$25

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23864	10/3	M	2-3PM	EC-LNGE
23865	11/7	M	2-3PM	EC-LNGE
23866	12/5	M	2-3PM	EC-LNGE

Fiestas Mexicanas

Learn about the most important Mexican Celebrations. Enjoy these cultural demonstrations detailing the fascinating aspects of "Dia de los Muertos" (11/2), "La Revolucion" (11/16) and "Las Posadas" (12/7). Each Celebration is a separate class. Fee includes lecture plus a delicious snack of Mexican specialties. Zandra is a native speaker and experienced instructor.

Instructor: Zandra Pardi

Fee: Member \$25/Non-member \$35

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23750	11/2	W	3-5PM	SRS-ANZA
23751	11/16	W	3-5PM	SRS-ANZA
23752	12/7	W	3-5PM	SRS-ANZA

Night Sky Cosmology

The Night Sky Cosmology power point shows exactly how the phenomenon of the precession of the equinoxes occurs and why this is such an amazing time in history. It includes pictures of ancient sites and discusses how ancient people around the world have created monuments to celebrate celestial timings. Discounted fee if taking same day with Night Sky Viewing Class as it facilitates understanding of what we'll see that night. This course unavailable for online registration.

Instructor: Gael Chilson

Fee: Member \$20/\$15/Non-member \$30/\$25

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23992	10/27	Th	3-5PM	CH-MSQT



Night Sky Viewing

THIS IS NOT AN ASTRONOMY CLASS. Using both MYTHOLOGY and ASTROLOGY, this class explores the Arizona sky at night. We'll be looking at the constellations along the ecliptic and talking not only about the yearly cycle but also the grand 26,000 year cycle; how the backdrop of the equinox and solstice points as well as the star we call the North Star changes over time. Bring flashlight and portable folding/lounge chair. Binoculars optional. PLEASE NOTE LOCATION: Class meets at the Canoa Hills Tennis court. Discounted fee if taking same evening as Night Sky Cosmology. This class unavailable for online registration.

Instructor: Gael Chilson

Fee: Member \$15/\$10/Non-member \$25/\$20

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
23993	10/27	Th	7-8:30PM	CH-TENNIS

Oceanography from Space

What did the ocean have to do with last winter's weather? Most of the ocean is a desert yet more than half the planet's photosynthesis takes place there. How do we know this? How do we measure photosynthesis on a global scale? The ocean floor was mapped from space - how was it done? Why is knowledge of the ocean needed to locate submarines? How does space fit into all this? The answers are provided in Oceanography from Space. Instructor has an M.S. in oceanography and over 20 years of practical experience.

Instructor: Bob Barry

Fee: Member \$20/Non-member \$30

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23869	10/10-31	M	5-7PM	LC-IRWD

Shakespeare I: Two Pairs of Lovers

Two strikingly different plays about lovers, *Troilus and Cressida* and *Antony and Cleopatra*, will be read and discussed. The instructor has over 30 years' experience with Shakespeare, from acting and studying at the Bristol Old Vic Theatre School in England to directing and teaching. You may join in lively discussion, read aloud, or just enjoy the time together. Students should bring a *Complete Works of Shakespeare* or the individual plays. Which will be considered in the order shown.

Instructor: Jay Kobler

Fee: Member \$50/Non-member \$60

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23923	10/20-11/10	Th	1-3PM	WC-RM 2

Shakespeare II: Beginning and Ending

We will look at Shakespeare's first great comedy, *The Taming of the Shrew*, and his last, *The Tempest*. The instructor has over 30 years' experience with Shakespeare, from acting and studying at the Bristol Old Vic Theatre School in England to directing and teaching. You may join in lively discussion, read aloud, or just relax and enjoy the time together. Students should bring a *Complete Works of Shakespeare* or the individual plays, which will be considered in the order shown. No class 11/24.

Instructor: Jay Kobler

Fee: Member \$50/Non-member \$60

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
23924	11/17-12/15	Th	1-3PM	EC-LNGE

Swimnastics

Swimnastics classes are offered at several GVR pools and are taught by dedicated volunteers. The classes are free and are open to all GVR members. Registration is not required for the following classes.

PLEASE NOTE THAT THE SWIMMING POOLS ARE CLOSED TO OTHER USERS DURING THE DESIGNATED SWIMNASTICS CLASSES (EXCEPT FOR CANOA RANCH LAP LANES)

Abrego South

Monday and Thursday - 8:30 & 9:40am (year-round)

Canoa Ranch

Tuesday, Thursday and Saturday- 8:30am (year-round)

Casa Paloma II

Monday through Saturday - 9am (year-round)

Continental Vistas

Monday, Wednesday and Friday - 9am (10am winter)

Tuesday, Thursday and Saturday - 9am (year-round)

Desert Hills

Monday, Thursday and Saturday - 8:45am (year-round)

Monday and Thursday - 10am (year-round)

East Center

Monday and Thursday - 9am (10am winter)

Las Campanas

Monday through Friday - 9am (year-round)

Santa Rita Springs

Monday through Saturday - 9am (year-round)

Please see your monthly Keeping Current for updates and/or changes to the above schedule.

Tennis and Fitness Professionals

Personal Trainer Available to Members

GVR's fitness professional can provide instruction on the proper use of equipment, assess your fitness level, improve your current workout routine or develop an exercise program just for you!



GLEENDA MARTINEZ

- Specialized Exercise Training (SET)
- American Council on Exercise Certified
- Phone: (520) 298-3941 or (520) 979-1216
- Certified Older Adult Fitness
- Licensed Practical Nurse
- Post Rehabilitation Conditioning Specialist, over 25 years experience.

There is a fee for this service.

Take Lessons from GVR's Teaching Tennis Professional



RAY WARDLAW

- Available for private or group lessons
- USPTA Pro 2
- Over 20 years of instructional experience
- Phone: (520) 625-0274

You will be expected to reserve or schedule court time for your lesson. There is a fee for this service.

Trips and Tours

A Buzz to Bisbee Tour

The charming, historic city of Bisbee, AZ is a wonderful place to visit. Explore this town founded in 1880 and named after Judge DeWitt Bisbee, a financial backer of the Queen Mine. Upon arrival, we don mining lanterns, hats and slickers for a tour of this underground mine. Our guide will recount the mining days, techniques, dangers and dramas associated with the heyday of copper mining in the area. After our mine tour we enjoy a delightful lunch at Café Roca. We then join a walking tour for a comprehensive tour exploring this town that once boasted a population of 25,000. Enjoy some free time on the main street exploring galleries and antique shops before heading home.

Fee includes transportation, services of a tour director, lunch (tax and tip), Copper Queen Mine Tour, Walking Tour of Bisbee, bus refreshments and driver tip. Note: dress warmly for the mine tour, a constant 47 degrees underground, which requires 300' of level walking in the mine and 32 steps with a handrail. Bus departs Desert Hills upper parking lot.

Deadline to purchase ticket 10/18. No refunds after 10/18.

Fees: Member \$98, Guest \$103

CR#	DATE	DAY	TIME	LOCATION
24058	10/26	W	8AM-6PM	DH-Park

Shop! Shop! Shop! Scottsdale Fashion Square Mall and IKEA Shopping Tour

Often requested and sure to sell out fast, this trip will take us to Phoenix for a little pre-holiday shopping fun. We begin our morning with a light continental breakfast served on the motor coach because we need to get an early start! Our first stop is the Scottsdale Fashion Square Mall. With over 250 stores and many, many restaurants we know you will certainly find plenty of variety here. Take time for a leisurely no-host lunch or just keep shopping. Nordstrom (today is their Half Yearly sale for women and kids), Dillard's and Neiman Marcus, Coach and Pottery Barn are just a few of your choices. We'll have 4 hours at the Mall. Afternoon we will be at IKEA. This store is big! Stock up on home products and accessories or simply browse their "idea rooms". We head back to Green Valley – glad to be relaxing after our busy day.

Fee includes transportation, services of a tour director, continental breakfast, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot. Deadline to purchase tickets 10/26. No refunds after 10/26.

Fees: Member \$63, Guest \$68

CR#	DATE	DAY	TIME	LOCATION
24059	11/2	W	7:30AM-6PM	DH-PARK

Canyon Lake Boat Tour on the Apache Trail

Today we will board our deluxe motorcoach and travel to Canyon Lake, which is located north of Apache Junction. We'll take a break stop in Florence. For lunch, we travel to the Mining Camp Restaurant. This eatery is full of western atmosphere and the platters of food served to our group will make your eyes pop. We then travel along the paved portion of the Apache Trail. Tucked in to the base of the Superstition Mountains is a beautiful man-made lake called Canyon Lake. We board Dolly's Steamboat and cruise Canyon Lake as the captain narrates on the scenery, geology and history of the area. Steep canyon walls ascend out of a crystal blue body of water. This makes for a very enjoyable 1 ½ hour cruise. We travel home today full of great memories of this wondrous part of the state. Fee includes transportation, services of a tour director, lunch (tax and tip), boat fare, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot. Deadline to purchase tickets: 11/2. No refunds after 11/2.

Fees: Member \$99, Guest \$104

CR#	DATE	DAY	TIME	LOCATION
24060	11/10	Th	8AM-6:15PM	DH-PARK

Mini-Time Museum, High Tea at Ventana Canyon and Chris Bubany Studio Tour

Today we've combined three delightful spots in Tucson to enjoy. The Mini-Time Machine Museum contains over 160 miniature houses and room boxes that are organized into three main areas; the Enchanted Realm, History Gallery and Exploring the World. Discover this wonderful place that delights visitors of all ages and tastes. A no-host lunch stop at Park Place Mall is planned before we travel to Chris Bubany's Studio/Gallery to discover her unique earthenware bursting with vibrant colors and her whimsical style. We then settle in for a lovely afternoon tea at the Loews Ventana Canyon Resort. Delectable bites and a nice selection of teas are served to us and we know you will find this a perfect way to end a perfect day. Fee includes transportation, services of a tour director, admission to museum, afternoon tea, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.

Deadline to purchase tickets: 11/11. No refunds after 11/11.

Fees: Member \$95, Guest \$100

CR#	DATE	DAY	TIME	LOCATION
24063	11/18	F	9AM-5:30PM	DH-PARK

Butterfly Magic and Gaslight Theatre Holiday Show

Cozy up to hundreds of tropical butterflies during this special seasonal exhibit, featuring more than 200 different species from various parts of the world. Brilliant blues, flaming reds and luminous yellows are some of the colors of the butterflies in the Tucson Botanical Garden's intimate greenhouse exhibit. We then enjoy a delicious lunch at Ai Bistro which is a student-run restaurant associated with the Culinary School of the Art Institute. After lunch we take our seats at the Gaslight Theatre to enjoy their holiday show 'Christmas in the Big Apple.' This small but well run theater does some very funny and creative work. The melodrama style story line finds us booing for the bad guy and clapping for the hero/heroine. Join us as we take in these special Tucson attractions. Fee includes transportation, services of a tour director, Garden admission, lunch (tax and tip), show ticket, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot. Deadline to purchase tickets 11/22. No refunds after 11/22.

Fees: Member \$102, Guest \$107

CR#	DATE	DAY	TIME	LOCATION
24064	12/7	W	10:30AM-6PM	DH-PARK

Musical Instrument Museum and Frank Lloyd Wright's Taliesin West Tour

Tour two wonderful venues in the Phoenix area. The New Musical Instrument Museum covers over 200,000 sq. ft. celebrating the universal language of music by exhibiting instruments from every country in the world. Nearly 5,000 instruments are exhibited; using wireless headsets and video screens, we see and hear the instruments and observe them being played in their original settings. We enjoy a no-host lunch in their restaurant with free time to explore the galleries. We then visit Taliesin West, Frank Lloyd Wright's architectural studio in northeast Scottsdale, AZ. Wright's southwestern masterpiece is located on 600 acres of rugged desert in the foothills of the McDowell Mountains overlooking the entire metropolitan Phoenix Valley. Guides explain how the architecture relates to the site and provide an overview of Wright's theories and designs. Fee includes transportation, services of a tour director, admission to museums, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.

Deadline to purchase tickets: 12/2. No refunds after 12/2.

Fees: Member \$95, Guest \$100

CR#	DATE	DAY	TIME	LOCATION
24065	12/12	M	8AM-6PM	DH-PARK

What's Happening This Fall

SEPTEMBER

10	S	Movie	Harvey
22	Th	Concert	Odaiko Sonora
28	W	Movie	Life As We Know It

OCTOBER

4	T	Concert	Old Blind Dogs
5	W	Movie	Arsenic and Old Lace
6	Th	Concert	Renaissance
11	T	Concert	Dave Stamey
18	T	Concert	Zofo Duet
21	F	Dance	TBA
25	T	Concert	Allan Riding Sextet
26	W	Tour	See page 38
28	F	Movie	Young Frankenstein

NOVEMBER

1	T	Concert	Cashore Marionettes
2	W	Tour	See page 38
3	Th	Concert	The Hunt Family
5	S	Special Event	TBA
10	Th	Tour	See page 38
15	T	Concert	Amstel Quartet
18	F	Dance	TBA
18	F	Tour	See page 38
21	M	Movie	Woman of the Year
30	W	Movie	The Longest Day

DECEMBER

3	S	Movie	White Christmas
6	T	Concert	Perla Batalla
7	W	Tour	See page 39
12	M	Tour	See page 39
13	T	Concert	TSO Holiday Pops!
14	W	Movie	TBA
15	Th	Concert	Joey and Regina
31	S	Special Event	New Year's Eve Celebration

GVR is Going Green !

GVR's going green implementation brings community affiliates, members, and our in-house crews together. We have recycled what once was scrap metal, sheet metal pieces, drain snakes, sand from the pool filters, stains and paints to bring to life:

"THE SUN RISES AT WEST"

Thank you GVR landscapers, members and community affiliates for this beautiful artwork located at the West Social Center!!



Premiere Green Valley Artisans' Festival

November 18-19, 2011

9am - 4pm

West Social Center ~ 1111 S. Via Arcoiris ~ Green Valley, AZ

Over 100 local Artisans will be Exhibiting ~ Fine Jewelry ~ Fabric Art ~ Pottery
Dichroic Glass ~ Photography and much more



Great Holiday Shopping Opportunity
Fine Food ~ Raffle Prize Drawings ~ Free Parking

Mark Your Calendar!



Sponsored by Green Valley Lapidary and Silversmith Club