We Keep You Healthy!

Quality Healthcare Close to Home

Vinod Gollapalli MD
Board Certified General Surgeon
Appointments & Info
PHONE 520.393.4937

Steven M. Gillespie DPM
Doctor of Podiatric Medicine
Appointments & Info
PHONE 520.393.4720

Olivia E. Morris DO, FAOAO
Board Certified Orthopedic Surgery
Appointments & Info
PHONE 520.393.4980

Andrew Lyons FNP-BC
Family Nurse Practitioner (FNP) and Primary Care Provider
Walk-In or Call
PHONE 520.393.4863

- Full-time Orthopedic Surgeon & General Surgeon
- Family Nurse Practitioner
- 24 hr. Emergency Dept.
- Full-scale Imaging
- 49 Private Rooms
- Inpatient Rehab Unit
- Doctor of Podiatry
- Cath Lab Team & Unit
- Full Lab Services, Including Outpatient
- Blood Bank
- GI Lab
- Multiple Health Plans Accepted

SANTA CRUZ VALLEY REGIONAL HOSPITAL
4455 S. I-19 FRONTAGE RD., GREEN VALLEY, AZ 85614 scvrhaz.com 520.393.4700 MAIN
The full-service pharmacy you need. The care you deserve.

We make your care our top priority.

Our pharmacy kiosks give you instant access to your medications, as well as our highly-trained local pharmacy staff, who are always ready to answer any questions you might have. Simply press “Start” at the kiosk to video chat with our team.

- **We accept all major insurance plans.** Medication is not covered by insurance? We can **save you up to 80%** on the generic.

- Not near a kiosk? **We will deliver to your house the next day, for free.**

- We are a **preferred pharmacy** for the majority of Medicare and Medicare Advantage plans in Arizona.

To learn more about our services, call us at **(520) 635-4628** or visit a kiosk in one of the Green Valley Recreation Centers: East Center, Canoa Hills and Canoa Ranch.

SpotRx.com/GreenValley  |  (520) 635-4628
Henry Ford once said, “Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.” We hope to help you keep your mind young with this season’s offerings. We are pleased to present you with 175 class titles with 294 individual sessions, and 35 new classes. Some of these new classes include Kumihimo with Wire and Leather, Curlique Basket, Essential Oils: Make ‘n Take, and Songs and Calls: The Language of Birds. GVR also is offering eight tours this fall! Some of our spectacular day trips include popular destinations like Canyon Lake and Superstition Mountains, as well as tours to an aquarium, a glass studio, and the Opry. I hope you’ll be inspired to explore the endless opportunities for learning a new subject, skill or craft, or traveling to new destinations.

If you have not heard about our Safety Orientation Seminar (SOS) program, I welcome you to sign up for one of the upcoming presentations. This program was recently awarded Arizona Parks and Recreation Association’s Outstanding Program Award – Active Adult 50+ Program. And, if you have not already done so, I welcome you to download the GVR app. Search for Green Valley Recreation in the Google Play Store or the Apple App Store.

See you in class soon!

Kent J. Blumenthal
Ph.D, CAE
CEO, Green Valley Recreation, Inc.
### MAJOR CENTERS

1. **West Center (WC)**
   - 1111 GVR Dr.
   - Box Office: (520) 625-0288

2. **East Center (EC)**
   - 7 S. Abrego Dr.

3. **Las Campanas (LC)**
   - 565 W. Belltower Dr.

4. **Desert Hills (DH)**
   - 2980 S. Camino Del Sol

5. **Canoa Hills (CH)**
   - 3660 S. Camino Del Sol

6. **Santa Rita Springs (SRS)**
   - 921 W. Via Rio Fuerte

7. **Canoa Ranch (CR)**
   - 5750 S. Turquoise Mountain Dr.

### SATELLITE CENTERS

8. **Abrego South (ABS)**
   - 1655 S. Abrego Dr.

9. **Continental Vistas (CV)**
   - 906 W. Camino Guarina

10. **Madera Vista (MV)**
    - 440 S. Camino Del Portillo

11. **Casa Paloma I (CPI)**
    - 400 W. Circulo Del Paladin

12. **Casa Paloma II (CPII)**
    - 330 N. Calle de las Banderolas

13. **Abrego North (ABN)**
    - 1601 N. Abrego Dr.

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<tr>
<td>AGAV</td>
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<tr>
<td>AMADO</td>
<td>Amado Room</td>
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<tr>
<td>ANZA</td>
<td>Anza Room</td>
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<tr>
<td>ART</td>
<td>Art Room</td>
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<tr>
<td>AUD</td>
<td>Auditorium</td>
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<tr>
<td>BILL</td>
<td>Billiards Room</td>
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<tr>
<td>CER</td>
<td>Ceramics</td>
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<tr>
<td>CTWD</td>
<td>Cottonwood Room</td>
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<tr>
<td>CRUZ</td>
<td>Santa Cruz Room</td>
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<tr>
<td>CYPR</td>
<td>Cypress Room</td>
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<tr>
<td>FSTA</td>
<td>Fiesta Room</td>
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<tr>
<td>GAME</td>
<td>Game Room</td>
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<tr>
<td>HAND</td>
<td>Handbuilding</td>
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<tr>
<td>IRWD</td>
<td>Ironwood</td>
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<td>JNPR</td>
<td>Juniper Room</td>
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<tr>
<td>KITCH</td>
<td>Kitchen</td>
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<tr>
<td>KINO</td>
<td>Kino Room</td>
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<tr>
<td>LAP</td>
<td>Lapidary</td>
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<tr>
<td>LNGE</td>
<td>Lounge</td>
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<tr>
<td>MSQT</td>
<td>Mesquite Room</td>
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<tr>
<td>OCOT</td>
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<tr>
<td>PARK</td>
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<td>Saguaro Room</td>
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<td>STU</td>
<td>Studio</td>
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Plants

Caring for Your Desert Landscaping
Creating a Butterfly Garden
Landscaping with Desert Natives
Planting a Hummingbird Garden
Successful Cactus and Succulent Gardens
Vegetable Gardening in Containers

Travel

A Naturalist’s Tour of our Sky Islands Part I
A Naturalist’s Tour of our Sky Islands Part II
Ancient Arizona: People of the Past
Arizona’s Geologic Wonders
Iceland: Fire, Fjords, and Vikings
Madera Canyon - Santa Rita Mountains Biodiversity
Sea of Cortez - An Ocean of Treasures
Southwest National Parks
Wild Scotland: Highlands and Islands

Wildlife & Wilderness

Bats: Diversity, Myths, and Reality
Birdwatching - Hands On!
Frogs and Toads of North America
Lizards of Arizona
Salamanders of North America
Songs and Calls: The Language of Birds
Thorns, Stingers, and Fangs—Welcome to AZ!
Turtles and Tortoises of North America

SPECIAL INTEREST

AARP Smart Driver Course
Aging and Spirituality
AngelSpeake® Workshop
Calligraphy and Christmas
Civil Discourse - Mind Expansion
Dia de Los Muertos
Edward S. Curtis & the North American Indian
Ethics Without the Sermon
Drab to Glam: Makeup Techniques for Women 40+
How to Achieve Better Sleep
Life After Life
Makeup Party: Learn & Practice Techniques

TRIPS & TOURS

Day Trips

Classic Cooking in Scottsdale
Patagonia Fall Festival
Glass and Galleries
Superstition Mountains Jeep Tour and Mesa Market
Twilight Dinner Cruise on Canyon Lake
Desert Belle Cruise & River of Time Museum
Home for the Holidays at Barleen’s Opry
OdySea Aquarium & Phoenix Desert Botanical Garden
GVR Lecture Series

REGISTRATION PROCEDURES

Tour Refunds
Withdrawals & Refunds
Non-Member Registrations
Drop-in Policy
Registration Form

Professional Services

TENNIS INSTRUCTION
Ray Wardlaw
Ph: (520) 625-0274

Wardlaw has over 20 years of instructional experience, and is USPTA Pro 2. Private and group lessons are available. Students will be expected to reserve or schedule court time for lessons. Contact the instructor for private and group lesson fees.

Registration begins Monday, September 9
Arts & Crafts

CLAY & SCULPTURE

Fairy Garden Houses NEW!
Prerequisite: Must be a clay studio member to take this class. Allow your imagination to flow while creating these whimsical structures. Using templates supplied by the instructor and your own originality, students will make at least 3 houses during this class. Additional studio time (outside of class) may be necessary. Material fee $10. SUPPLIES: clay of choice and slip to match (suggest B mix with grog or speckled buff). Instructor: Cyndee Remington
Fee: Member $50
Classes: 4
CR# DATES DAY TIME LOCATION
44440 10/7-28 M 9AM-12PM SRS-HAND

Fun With Sculpture
Prerequisite: Must be a member of the Clay Studio of GVR. Students in this class will have two instructors who will guide them in creating a sculpture of their choice. SUPPLIES NEEDED: Basic clay tools and 25 lb. bag of Los Altos clay or B-mix. All clay must be purchased at the Clay Studio. Many tools will be available on loan.
Instructors: Nancy Schultz and Elenie Eliasen
Fee: Member $60
Classes: 5
CR# DATES DAY TIME LOCATION
41787 10/9-11/6 W 9AM-12:30PM SRS-SCPT
44280 11/13-12/11 W 9AM-12:30PM SRS-SCPT

Handbuilding and Glazing Basics NEW!
Prerequisite: Introduction to the Clay Studio class. Must be a clay studio member to take this class. Learn what you can do after completing the Intro class. Instruction is focused on the beginning clay student. You will do 3 complete projects, start to finish. You will learn how to effectively use high fire glaze combinations and how to embellish your finished projects with beads and feathers. $5 material fee payable to instructor. SUPPLIES: you will need redstone or B-mix with grog clay, slip, canvas and clay tools. Student will be responsible for firing fees.
Instructor: Cyndee Remington
Fee: Member $65
Classes: 4
CR# DATES DAY TIME LOCATION
44279 11/2-23 Sa 9AM-12PM SRS-HAND

Heads and Faces
Prerequisite: Must be a member of the GVR Clay Studio. Learn how to make a head and then create the face.
SUPPLIES NEEDED: 25lb bag of B-mix without grog. All clay must be purchased at the Clay Studio. NO CLASS 11/28.
Instructor: Gary Ballew, Dan Schwartz
Fee: Member $60
Classes: 4
CR# DATES DAY TIME LOCATION
41789 11/7-12/5 Th 9AM-12:30PM SRS-SCPT

Introduction to the Clay Studio
This class is required for Clay Studio membership. PLEASE NOTE: You must attend all four classes in order to join the Clay Studio. 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 payable to the instructor the first day of class. Tools and clay are provided for use during the class periods. Bring an apron or wear old clothing.
Instructors: Cyndee Remington, Jane Ercolani, Russ Nichols
Fee: Member $65
Classes: 4
CR# DATES DAY TIME LOCATION
41790 10/10-31 Th 9AM-1PM SRS-HAND
41791 11/4-25 M 12-4PM SRS-HAND
41792 12/2-23 M 12-4PM SRS-HAND

FLOWER ARRANGING

Flowers for Fun II
Take home a professionally designed floral arrangement each week. You will also learn care, handling, and the names of different flowers and foliage along with basic design techniques. You are guaranteed a fun time with each class. Week 1: Round Centerpiece. Week 2: Long and Low Centerpiece. Week 3: High Style with Tropical Flowers. A material fee of $45 (3 arrangements) for container, fresh flowers and foliage will be paid to instructor at class. BRING a sharp, thin-bladed paring knife.
Instructor: Carol Pfister
Fee: Member $25/Non-members $35
Classes: 3
CR# DATES DAY TIME LOCATION
41749 10/18-11/1 F 1-4PM DH-ART
Flowers for Fun III
Prerequisite: Flower Arranging for Fun I or II. All design styles are covered from vases to high style. Take home a professionally designed floral arrangement each week. Week 1: Topiary. Week 2: Long and Low centerpiece with Candle. Week 3: Party Centerpiece. A material fee of $45 (3 arrangements) for containers, fresh flowers and foliage will be paid to instructor at class. BRING a sharp, thin-bladed paring knife.
Instructor: Carol Pfister
Fee: Member $25/Non-members $35  Classes: 3
CR#  DATES  DAY  TIME  LOCATION
44425  11/8-22  F  1-4PM  DH-ART

Flowers for Fun IV
Prerequisite: Flower Arranging for Fun I or II. We will make an "L" shaped arrangement during the first week, a European design during week two, and week three is an Arizona surprise. A material fee of $45 (3 arrangements) for containers, fresh flowers, and foliage payable to instructor at class. BRING a sharp, thin-bladed paring knife.
Instructor: Carol Pfister
Fee: Member $25/Non-members $35  Classes: 3
CR#  DATES  DAY  TIME  LOCATION
44427  12/6-20  F  1-4PM  DH-ART

Holiday Centerpiece
Prerequisite: Flower Arranging for Fun I or II. Take home a fresh evergreen centerpiece with pine cones and candles. You are guaranteed a fun time and a completed arrangement for the holidays. A material fee of $20 for container, flowers and foliage will be paid to instructor at class. BRING a sharp thin-bladed paring knife.
Instructor: Carol Pfister
Fee Member $15/Non-members $25  Classes: 1
CR#  DATES  DAY  TIME  LOCATION
41747  12/19  Th  1-4PM  DH-ART

JEWELRY

Bead Around a Cabochon with Matching Spiral Necklace
NEW!
The first day of class you will learn to bead embroidery around a stone to make a beautiful pendant. The second day you will make a spiral necklace by bead weaving (not Kumihimo) using the same beads to coordinate with your pendant. Email akKrauth@yahoo.com for a photo or questions. Beginner friendly. All materials included in a kit for a fee of $35 payable to the instructor at the first class. Homework likely.
Instructor: Annette Krauth
Fee: Member $45/Non-members $55  Classes: 2
CR#  DATES  DAY  TIME  LOCATION
44336  12/7-14  Sa  8AM-12PM  CP2-REC

Caterpillar Bracelet
Create a striking variation of the caterpillar bracelet. Not as wide as most and uses a great fold-over magnetic clasp. The first beaded bracelet I ever made! It got me hooked. Very beginner friendly. For questions or a photo, email akKrauth@yahoo.com. All materials are included in a kit for $35 payable to the instructor at the beginning of class. Homework likely.
Instructor: Annette Krauth
Fee: Member $35/Non-members $45  Classes: 1
CR#  DATES  DAY  TIME  LOCATION
44337  12/21  Sa  8AM-12PM  CP2-REC

Chevron Embellished Cubes
This class will teach you how to make a great cuff bracelet using cubes and peanut beads. It is beginner friendly. All materials are included in a kit for $30 payable to the instructor at the beginning of class. For questions or a photo, email akKrauth@yahoo.com. Homework likely.
Instructor: Annette Krauth
Fee: Member $30/Non-members $40  Classes: 1
CR#  DATES  DAY  TIME  LOCATION
44332  12/17  Tu  1-5PM  CP2-REC

Creative Bead Workshop
This is the third class in the series: Techniques in Beadstringing, Wire Working with Beads, and Creative Bead Workshop. 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: 982-0263. Supply list depends on desired projects. Bring a lunch. It is recommended, but not required, to take the Beadworking classes in sequence.
Instructor: Shannon Haggerty
Fee: Member $40/Non-members $50  Classes: 1
CR#  DATES  DAY  TIME  LOCATION
41741  10/29  Tu  10AM-2PM  MV-REC
41742  11/19  Tu  10AM-2PM  MV-REC

Dutch Spiral Bracelet and Earrings
A beautiful bead-weaving project to make matching bracelet and earrings. Email akKrauth@yahoo.com for questions or a photo. Beginner friendly. All materials included in a kit for a fee of $30 payable to the instructor at the beginning of class. Homework likely.
Instructor: Annette Krauth
Fee: Member $35/Non-members $45  Classes: 1
CR#  DATES  DAY  TIME  LOCATION
44335  12/19  Th  10AM-2PM  CP2-REC
Hills and Valleys Necklace **NEW!**
This spiral is one of the easiest stitches and a perfect way to learn the basic spiral stitch. It is a bead wearing favorite and is very beginner friendly. Email acKrauth@yahoo.com for question or a photo. This is not Kumihimo. All materials are included in a kit for a fee of $35 payable to the instructor at the beginning of class.
Instructor: Annette Krauth
Fee: Member $35/Non-members $45  
**Classes: 1**

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Kumihimo With Beads
If you’ve been wanting to learn Kumihimo with beads this is the class for you. You will make a beaded Kumihimo bracelet. Email acKrauth@yahoo.com for questions or a photo. Beginner friendly. All materials included in a kit for a fee of $25 payable to the instructor at the beginning of class.
Instructor: Annette Krauth
Fee: Member $25/Non-members $35  
**Classes: 1**

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Kumihimo with Wire and Leather **NEW!**
Introduce yourself to a new and inspiring form of Kumihimo. You’ll love this new look. Email acKrauth@yahoo.com for questions or a photo. All materials are included in a kit for a fee of $35 payable to the instructor at the beginning of class.
Instructor: Annette Krauth
Fee: Member $35/Non-members $45  
**Classes: 1**

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Pearl Bracelet **NEW!**
Need a pearl bracelet? Then this class is for you. Learn how to expand this pattern to get a variety of looks. Very beginner friendly. For questions or a photo, email acKrauth@yahoo.com. All materials are included in a kit for $25 payable to instructor at the beginning of class.
Instructor: Annette Krauth
Fee: Member $25/Non-members $35  
**Classes: 1**

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Techniques in Beadstringing
*This is the first in a series of three classes: Techniques in Beadstringing, Wire Working with Beads, and Creative Bead Workshop.* 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. Members should take the Beadworking classes in sequence to be able to create a variety of beautiful jewelry. You do not complete anything in this class, rather gain knowledge to complete projects on your own. Bring a lunch or snack, box lid or bead board, and notepad. Call instructor with questions (520) 982-2596.
Instructor: Shannon Haggerty
Fee: Member $40/Non-members $50  
**Classes: 1**

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Two-Drop Peyote Bracelet with Embellishments
You will create a great peyote cuff and dress it up with sparkling embellishments and picots. Bead weaving experience helpful. All materials are included in a Kit for a $35 material fee paid to the instructor at the beginning of class. Email acKrauth@yahoo.com for questions and a photo.
Instructor: Annette Krauth
Fee: Member $35/Non-members $45  
**Classes: 1**

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Wire Working with Beads
*This is the second class in the bead series: Techniques in Beadstringing, Wire Working with Beads, and Creative Bead Workshop.* 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. Bring a lunch, box lid or bead board, and note pad. Call instructor PRIOR TO CLASS for more information and a supply list: (520) 982-2596.
Instructor: Shannon Haggerty
Fee: Member $40/Non-members $50  
**Classes: 1**

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LAPIDARY & SILVERSMITH/ ARTISAN JEWELRY

Basic Chain Mail
Students will make jewelry by joining base metal wire rings (jump rings) to one another. Learn wire basics- gauge, hardness, shapes typically used. Student kit includes basic chainmaking tools, supplies to make two copper bracelets- each of a different pattern with clasps for each. Instructor will show process of wrapping and cutting into jump rings. Kit may be bought in sterling silver, price will depend on silver prices. Class requires using pliers, which can be difficult for arthritic hands. The material fee (including tools) is $35. Instructor: GVR Lapidary Club
Fee: Member $45
CR# DATES DAY TIME LOCATION
41702 11/6-7 W-Th 1-4PM EC-STU
41703 12/11-12 W-Th 1-4PM EC-STU

Basic Wire Wrap Jewelry Class
Prerequisite for more advanced classes by the Lapidary Club. Basic wire wrapping techniques including uses of wire spirals as well as 'loop and loop' connections to make bails or bead chains. You'll complete three projects in this hands-on class: pendants, and earrings. Learn gauges and types of wire, tools, and supply sources. Bring jewelry pliers you have, a ruler and fine tip Sharpie marker. Tools available for purchase. NOTE: requires working with pliers and may be difficult for arthritic hands. Material fee of $20 payable to instructor.
Instructor: GVR Lapidary Club
Fee: Member $35
CR# DATES DAY TIME LOCATION
44477 11/4 M 9AM-12PM EC-STU
41704 11/7 Th 9AM-12PM EC-STU
41705 12/5 Th 9AM-12PM EC-STU

Dichroic Jewelry
Please note that this class is a prerequisite for more advanced Dichroic Jewelry classes offered by the GVR Lapidary Club. 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 $35 includes glass, bails, etc. is paid at the first class.
Instructor: GVR Lapidary Club
Fee: Member $40
CR# DATES DAY TIME LOCATION
44479 10/7-10 M,Th 12:30-4PM EC-LAP
44480 11/11-14 M,Th 12:30-4PM EC-LAP
44481 12/2-5 M,Th 12:30-4PM EC-LAP

Lapidary Class
Please note that this class is a prerequisite for more advanced Lapidary classes offered by the GVR Lapidary Club. Learn to cut, grind, and polish quality stones. Learn to prepare the gem cabochon to set in jewelry. Class participation requires standing and walking to use the various equipment. Students should be able to stand for most of the session with a lunch break. Work stools are available. Material fee of $35 payable at first class.
Instructor: GVR Lapidary Club
Fee: Member $45
CR# DATES DAY TIME LOCATION
41714 (3) 12/2-4 M-W 2-4PM WC-LAP
44478 (1) 12/14 Sa 9AM-2PM WC-LAP

Metalsmithing Introduction
Please note that this class is a prerequisite for more advanced Metalsmithing classes offered by the GVR Lapidary Club. Introductory jewelry-making class includes safety, properties of metals, tools, techniques used. Demonstrations will be given for using GVR Lapidary Club equipment. Further training may be required before independent use. The Acetylene/Air torch will be used to soften/prepare metals. You will make a textured copper pendant and earrings. Wear closed shoes and long pants. Strong magnets in some Lapidary Club equipment may affect a pacemaker, concerned individuals please seek advice from your physician. Material fee of $20 payable to instructor.
Instructor: GVR Lapidary Club
Fee: Member $35
CR# DATES DAY TIME LOCATION
44249 11/16 Sa 1-4:30PM DH-LAP
41710 12/7 Sa 1-4:30PM DH-LAP

Silversmithing
Class is prerequisite for advanced Silversmith classes thru GVR Lapidary Club. Introduction to basics of Silversmithing. Tools and materials furnished. Wear old clothes, closed-toed shoes, and tie long hair back. Please indicate any special physical needs when registering. Open flames will be used, oxygen tanks cannot be allowed. Strong magnets in some Lapidary Club equipment may affect a pacemaker, concerned individuals please seek advice from your physician. Material fee of $75 will be collected first day of class.
Instructor: GVR Lapidary Club
Fee: Member $60
CR# DATES DAY TIME LOCATION
41717 10/2-4 W-F 2-5PM EC-STU
41718 10/16-18 W-F 2-5PM EC-STU
41719 10/30-11/1 W-F 2-5PM EC-STU
41720 11/20-22 W-F 2-5PM EC-STU
41721 12/4-6 W-F 2-5PM EC-STU
44266 12/18-20 W-F 2-5PM EC-STU
PAINTING & DRAWING

Beginning Zentangle®
If you can draw a line, a dot, or a curve, you can create Zentangle®. This is an easy-to-learn, relaxing method of creating beautiful images from structured patterns. This art form is fun, rewarding, and artistically satisfying for all. In these introductory sessions, you will learn the basics of Zentangle®. You do not need to be an artist to create beautiful Zentangle® art. $15 fee paid to instructor at class includes all supplies. Susan is a certified Zentangle® instructor.
Instructor: Susan Kmiec
Fee: Member $60/Non-members $70

Creating Form with Light and Shadow in Pencil
This course is designed to help you see and document how light and shadow fall on a variety of objects using graphite pencil techniques. Implement the full value range this versatile medium is capable of, and create convincing realism on paper. Create the illusion of depth, making images ‘pop’ right off the page and take on a life of their own. Watch instructor demonstrations, and then spend time with a variety of interesting exercises with plenty of individualized help in a friendly environment. SUPPLIES: given at registration.
Instructor: Susan Morris
Fee: Member $110/Non-members $120

Designing for Success
Improve all your art forms by making conscious choices in the use of line, value, shape, and texture. Get familiar with the principles of unity, rhythm, proportion, dominance and balance and how to use them. Learn how to use the principles of composition and design when planning your art to achieve greater expression and impact. Learn how to talk about art, and how to prepare your art to present the message you want. Bring current projects and future planned ones. SUPPLIES: given at registration. NO CLASS 11/25.
Instructor: Susan Morris
Fee: Member $110/Non-members $120

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 and tablet of drawing paper (8x11 or larger).
Instructor: Paul McCreary
Fee: Member $35/Non-members $45

Fur and Feathers: Pet Portraits in Pencil
Our pets are an important part of our lives. Why not take on the challenge of drawing your pet’s portrait? This class will address editing and working with photos, the basic drawing skills to get all the proportions right, shadowing tricks to make it pop off the page, and finish up with creating the illusion of the textures of fur and feathers. SUPPLY LIST given at registration. Bring photos of your ‘furry kid’ and get lots of personal help from a friendly, experienced instructor, Susan Morris. NO CLASS 11/27.
Fee: Member $110/Non-members $120

Hot and Cool Colors: Creating Mood
Hot days and Cool nights are part of the magic of the Sonoran Desert but hot and cool colors have a power all their own. They can draw your eye to certain locations, create mood, change the time of day or the season, and create a sense of depth in your paintings. This class will experiment on that power as we create some finished pieces of your own. Enjoy lots of individualized help in a class welcoming all colored media.
Instructor: Susan Morris
Fee: Member $110/Non-members $120

Saving Watercolor Paintings from the Recycle Bin
We all feel good about recycling these days, but not when it’s a failed watercolor painting! This class will focus on the many things that can be done to “SAVE” your failed paintings! Bring in paintings that never made it to a place where you were pleased, and let the friendly instructor use it as an example for the class to show several techniques and tricks that can save your watercolor from going into the recycle bin. No painting is too far gone! NO CLASS 11/27.
Instructor: Susan Morris
Fee: Member $110/Non-members $120
Southwest Acrylic Painting
This class will focus on painting with acrylics on wood or a large canvas. Students will use primary colors of red, yellow and blue, plus black and white. Subjects may be realistic or southwest in nature. If painting on canvas, it must be a minimum of 16x20 inches. Instructor will have canvases for sale. Supplies will be listed on your registration receipt. Instructor: Paul McCreary
Fee: Member $35/Non-members $45

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Watercolor Basics for the Timid and Terrified
This popular introductory class is designed to help take the fear and anxiety out of using watercolor. Make friends with watercolor brushes, paint and paper and your classmates! Explore all the basic techniques through simple exercises and get comfortable with this versatile medium. Have a first encounter with color theory and mixing. Gain confidence in a friendly atmosphere with weekly demonstrations and lots of personal attention. Fear no longer; this class will help you to 'tame the beast.' SUPPLY LIST given at registration. Instructor: Susan S. Morris
Fee: Member $110/Non-members $120

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Watercolor Workshop
This is a workshop for intermediate watercolor artists, NOT FOR BEGINNERS. Moderator has 30 years of experience in watercolor painting and will present a new technique each week. Mostly, the workshop will be a way for artists to learn from each other and spend two hours painting together. Bring your own paints, paper, water container and brushes. $5 fee for copies and stamping materials paid to instructor, only applicable once. SUPPLY LIST provided at registration includes items needed to learn new techniques - DO NOT buy new supplies until after the first class. Instructor: Linda Strader
Fee: Member $30/Non-members $40

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Zentangle® III
You tried it, you liked it and you want more. Expand your Zentangle® experience. Make it bigger and better by enhancing your pattern library and skills to showcase your creative spirit and further develop a mindfulness practice. Bring Zentangle® kit. Material available for purchase from instructor. $10 material fee paid to instructor at class. Instructor: Susan Kmiec
Fee: Member $50/Non-members $60

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Zentangle® The Adventure Continues
Build on the creative and relaxing designs learned in Beginning Zentangle® and continue your journey by gaining additional understanding of the Zentangle® method. These classes will expand your pattern library while teaching you techniques that will optimize the quality of your Zentangle® art. Bring Zentangle® kit. Material available for purchase from instructor. $10 material fee payable to instructor. Susan Kmiec is a certified Zentangle® instructor.
Fee: Member $50/Non-members $60

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SPECIALTIES

Cards for Fall NEW!
Let’s make four beautiful fall cards using lots of paper, ink, embellishments and acrylic stamps. We will be using the Big Shot machine with metal dies and embossing. Please bring pointed scissors and adhesive. I have adhesive to sell for $6 with a refil for $4. You must register by October 11th. $10 material fee paid to the instructor at the first class. Instructor: Marilyn Peasley
Fee: Member $25/Non-members $35

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Curlique Basket NEW!
This basket is for all levels of weaving (beginner to advanced). Basket is woven on a 6’ round base. Decorative curls from thin maple are added as an embellishment. First time weavers will weave a basket without the maple curls. $15 material fee paid to the instructor at class. For a photo of the basket email ajzaloz@gmail.com. Instructor: Arlene Zaloznik
Fee: Member $20/Non-members $30

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Glass Fusing for Beginners
Learn how to cut and fuse glass while designing and assembling your own fused glass wind chime. Start by learning the art of cutting glass. Using your new found skill, cut and nip your wind chime from a wide assortment of fusing glass and assemble it in preparation for fusing. On the final day of class, you will assemble your chime. All students must wear closed toe shoes and safety glasses (not provided). A $40 supply fee covers all tools and materials. No experience necessary. Because instructors purchase supply kits for students, there will be no refunds 1 week prior to class start.
Instructors: Linda Touzeau and Linda Reed
Fee: Member $35/Non-members $45  Classes: 3
CR#  DATES  DAY  TIME  LOCATION
41752  10/16-30  W  12-4PM  MV-REC
44281  11/20-12/4  W  12-4PM  MV-REC

Trellis Basket NEW!
This basket is for all levels of weaving (beginner with some experience to advanced). Basket is woven on a 6 x 10” oval base. Decorative overlays from Hamburg cane are added as an embellishment. Slow weavers may not have time to add overlays. $15 material fee paid to the instructor at class. For a photo of the basket email ajzaloz@gmail.com.
Instructor: Arlene Zaloznik
Fee: Member $20/Non-members $30  Classes: 1
CR#  DATES  DAY  TIME  LOCATION
44275  12/12  Th  9AM-1PM  EC-ART

Chess: Beginning
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. $9 material fee, payable to instructor, covers book.
Instructor: Bill Hackbarth
Fee: Member $65/Non-members $75  Classes: 6
CR#  DATES  DAY  TIME  LOCATION
41776  11/5-12/10  Tu  9:30AM-12PM  LC-CTWD

Play of Hand and Other Bridge Conventions
Learn play of hand Jacoby 2NT and any other conventions that the class wants to learn. NOTE: This is NOT a class for beginners.
Instructor: Bill Hackbarth
Fee: Member $65/Non-members $75  Classes: 6
CR#  DATES  DAY  TIME  LOCATION
44228  11/6-12/11  W  9:30AM-12PM  LC-CTWD

GAMES

Chess: Beginning
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 NEEDED: a chess set and board which will be discussed at first class. $5 fee for handouts paid to instructor first class. Men and women welcome.
Instructor: Jimmie H. Clark
Fee: Member $45/Non-members $55  Classes: 9
CR#  DATES  DAY  TIME  LOCATION
44244  10/7-12/2  M  6-8PM  EC-GAME

Chess: How to Think in Chess
“How to Think in Chess” has the broadest possible range. One extreme is the immediate problem facing every chess player, what move do I make next- to what move do I make next in my chess development. We will cover analysis, solving methods, some testing and important psychology. Studying how other players think and understanding the typical process that makes up chess thinking is critical. It might even be more beneficial than studying what moves Ivanchuk made against the Najdorf Sicilian. $5 handout fee due at the first class.
Instructor: Jimmie H. Clark
Fee: Member $50/Non-members $60  Classes: 9
CR#  DATES  DAY  TIME  LOCATION
44245  10/4-11/29  F  6-8PM  EC-GAME
Chess: Intermediate
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. Men and women welcome. SUPPLIES required: a Staunton design chess set and board. $5 fee for handouts paid to instructor first class.
Instructor: Jimmie H. Clark
Fee: Member $45/Non-members $55
CR# DATEs DAY TIME LOCATION
41778 10/1-11/26 Tu 6-8PM EC-GAME

Chess: Tactics for the Advanced Player
This course is for players with a good understanding of chess or who have completed the Intermediate Chess class and are striving to improve to 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. $5 materials fee for handouts payable to instructor. NO CLASS 11/28.
Instructor: Jimmie Clark
Fee: Member $50/Non-members $60
CR# DATEs DAY TIME LOCATION
41780 10/3-12/5 Th 6-8PM EC-GAME

Dance & Music
DANCE

Argentine Tango - Beginning/Intermediate
Learn to dance the sensuous Argentine tango. Classes are progressive. Lessons are tailored to each student’s proficiency level, from first time to intermediate dancer. Classes prepare students to participate in local, twice monthly Argentine tango social dances (Milongas). Tango is great exercise for body and mind plus a wonderful way to meet new people. Recommended that students wear shoes with either felt or leather soles, and women should wear shoes with slight heel and ankle support. Couples and singles welcome. Drop-in fee $9, please see our Drop-in Policy.
Instructors: Beverly Tobison & Chuck Soukup
Fee: Member (3) $21, (4) $28/Non-member +$10
CR# DATEs DAY TIME LOCATION
41796 (3) 10/11-25 F 6-7PM SRS-ANZA
41797 (4) 11/1-22 F 6-7PM SRS-ANZA
41798 (3) 12/6-20 F 6-7PM SRS-ANZA

Beginning Country Two-Step and Ten Step
Two Step: this counter-clockwise progressive dance is fun and easy to do! You will learn rhythm, frame, lead/follow, turns, and a variety of dance moves. Guaranteed fun! Ten Step: it only has ten steps and is also performed in a counter-clockwise motion. You can dance it by yourself or with a number of people. Very easy to learn! Come and enjoy dancing with two Country dances for the price of one! Great exercise! Great way to meet people! Couples and singles welcome. Wear nonstick, smooth-soled shoes or boots. Fee is per person.
Instructor: Donna Green
Fee: Member (3) $24, (4) $32/Non-member +$10
CR# DATEs DAY TIME LOCATION
41799 (4) 10/3-24 Th 5-6PM CH-PVR
41800 (3) 11/7-21 Th 5-6PM CH-PVR

Beginning Night Club Two Step (NC2S) NEW!
Nightclub Two-Step (NC2S), not to be confused with Country Two-Step, is a slow elegant, romantic dance. It is frequently danced to mid-tempo ballads in 4/4 time (i.e. Lady in Red, Hotel California, Amazed and others of similar tempo). It is very versatile in other genres/tempos such as Rumba and some Swing. Lead/follow skills will be taught as well. Come and enjoy the NC2S! Wear nonstick, smooth soled shoes. Couples only. Fee is per person.
Instructor: Donna Green
Fee: Member $12/Non-members $22
CR# DATEs DAY TIME LOCATION
44369 10/20 Su 4-5:30PM CH-PVR
**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. Swing has 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.  
Instructor: Donna Green  
Fee: Member $32/Non-members $42

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**Intermediate Tap**
This class will focus on footwork and technique. For intermediate and advanced dancers, the emphasis will be on improving the clarity of sound and execution. Bring tap shoes. Instructor: Peggy Rushford  
Fee: Member (3) $24, (5) $40/Non-member +$10

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**Line Dance I**
Have fun learning basic line dances practiced in the GVR Line Dancers Club. Coed, no partner needed. Great exercise for mind and body. Students are encouraged to attend all classes. No new students after the second class. NO CLASS 11/27.  
Instructor: Cindy Feist  
Fee: Member $54/Non-members $64

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**Modern Square Basic Class for New Dancers**
This is a great way to exercise your mind and body. Modern square dancing uses all types of music: rock, pop, jazz, country, bluegrass, oldies, modern, etc. and mixes it with fun and interesting choreography. This is not how you imagined square dancing, the variety of music in this modern version offers something for everybody’s taste and is a great way to make new friends. Two left feet? No problem. No dancing experience is necessary. Rick Gittelman, nationally known caller, will be your teacher. Casual dress, wear comfortable shoes. Singles welcomed. Drop-ins welcome, $7. Registration open through 11/13.  
Instructor: Rick Gittelman  
Fee: Member $75/Non-members $85

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**Nightclub Line Dancing**
Have you always wanted to learn the Electric Slide, and Boot Scootin’ Boogie? Singles and couples are invited to come and learn these easy line dances.  
Instructor: Cindy Feist  
Fee: Member $20 /Non-members $30

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**Bathtub Singers Level I**
Are you unable to resist singing in the bathtub, shower, car, or about anywhere else? Come and learn the techniques of breathing, resonance, and projection that the pros use in a class setting where you can sing with and for other song addicts like yourself. WARNING: This class may take you down unexpected roads in a musical land. Drop-ins are welcome, $15.  
Instructor: Elizabeth Wells  
Fee: Member (3) $34, (5) $56 /Non-members +$10

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<td>42028 (3)</td>
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**Bathtub Singers Level II**
If you have some or all of these symptoms, this class is for you: the spontaneous humming of tunes in your head, singing along to the music played in stores where you shop, an uncontrollable urge to give concerts while in the shower. WARNING: Some people who take this class may unexpectedly find themselves joining a performing group. This class can be a gateway experience that leads to performance seeking behavior. Level II is recommended for those who have taken 3 or more sessions of Bathtub Singers Level I or prior voice training. Drop-ins are welcome, $15.  
Instructor: Elizabeth Wells  
Fee: Member (3) $34, (5) $56 /Non-members +$10

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**Please be sure to review our Drop-in Policy located on page 39.**
How to Play Piano by Ear
Learn one of music's deepest mysteries: playing songs without relying on music. A practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing expressed in everyday language. An ideal follow-up to the Instant Piano class and open to anyone with a basic understanding of chords. Expand your musical horizons and free yourself from sheet-music dependence. Required material fee of $29 for the How to Play Piano by Ear book and practice CD paid to instructor. Discounted fees available for those taking multiple classes with this instructor, please see staff for discount. Course unavailable for online registration. Visit: justonceclasses.com.
Instructor: Craig Coffman
Fee: Member $30/Non-members $40
Classes: 1
CR#          DATES          DAY    TIME     LOCATION
42034        10/26          Sa     12:15-2:45PM EC-AUD

Instant Guitar for Hopelessly Busy People
Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you 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. Class limited to 15 students. For more information go to chordsarekey.com. Material fee of $29 payable to instructor for the workbook and online video instruction.
Instructor: Craig Coffman
Fee: Member $30/Non-members $40
Classes: 1
CR#          DATES          DAY    TIME     LOCATION
42035        10/26          Sa     3-5:30PM      EC-AUD

Instant Piano for Hopelessly Busy People
You don't need years of weekly lessons to learn piano. In just a few hours, learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you'll need to play any song in this one session. 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. For more information go to chordsarekey.com. Required material fee of $29 for book and online videos will be collected in class.
Instructor: Craig Coffman
Fee: Member $30/Non-members $40
Classes: 1
CR#          DATES          DAY    TIME     LOCATION
42036        10/26          Sa     8:30-11:30AM EC-AUD

Sing Yourself Well: Health Benefits of Singing
A growing interest in the impact of singing on health and well-being has seen a dramatic increase in the number of research projects in this area in recent years. This class will include an overview of current and recent research attesting to the health benefits of singing. Class participants will also learn traditional rounds and part-songs from around the world while singing as a group. No previous musical training or singing experience is necessary. Through physical and vocal warm-up exercises and a variety of song styles, participants will explore strategies and techniques to strengthen their singing voice.
Instructor: Priscilla Zimmermann
Fee: Member $45/Non-members $55
Classes: 4
CR#          DATES          DAY    TIME     LOCATION
44265        10/11-11/1     F     10-11:15AM      SRS-ANZA

Health, Fitness & Sports

Backstroke Clinic
This backstroke clinic will provide swimmers the opportunity to improve their backstroke stroke technique, improve efficiency in the water, and become a better backstroker. You will leave the clinic with a better knowledge of the 'why' as well as the 'how' of the backstroke. The swimmer will take home a detailed list of specific drills performed during the clinic enabling you to continue to progress with your swimming. NOTE: swimmer must be able to swim 4 lengths of the pool. BRING: goggles and fins required. Instructor: Joannie Eastridge
Fee: Member $24/Non-members $34
Classes: 1
CR#          DATES          DAY    TIME     LOCATION
44267        11/18          M     11AM-12PM      WC-POOL

Beginning Swimming NEW!
Have you always wanted to learn how to swim? It’s not too late! Have fun, while learning the important steps to becoming a swimmer. Class size is small so we can spend a lot of time and attention on each of the skills required in becoming successful. Classes taught by Joannie Eastridge, USMS Certified Swimming Coach and Learn to Swim instructor with career in teaching swimming. Goggles, fins, and kick board are required. Instructor: Joannie Eastridge
Fee: Member $80/Non-members $90
Classes: 6
CR#          DATES          DAY    TIME     LOCATION
44306        11/5-21        Tu,Th   10-11AM      WC-POOL
Breaststroke Clinic
Would you like to improve your breaststroke? This is the class for you. This clinic will provide swimmers the opportunity to improve their breaststroke technique and improve efficiency in the water. You will leave the clinic with a better knowledge of the ‘why’ as well as the ‘how’ of the stroke. The swimmer will take home a detailed list of specific drills preformed during the clinic enabling you to continue to advance your swimming skill. **NOTE:** Swimmer must be able to swim 4 lengths of the pool. **BRING:** goggles and kick board required.
Instructor: Joannie Eastridge
Fee: Member $24/Non-members $34
Classes: 1

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Freestyle Swimming Stroke Clinic
This freestyle clinic will provide swimmers the opportunity to improve their freestyle stroke technique, improve efficiency in the water and become a better swimmer. You will leave the clinic with a better knowledge of the ‘why’ as well as the ‘how’ of the freestyle stroke. The swimmer will take a detailed list of specific drills performed during the clinic enabling you to continue to progress with your swimming. **NOTE:** swimmer must be able to swim 4 lengths of the pool. **BRING:** goggles and fins required.
Instructor: Joannie Eastridge
Fee: Member $24/Non-members $34

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Butterfly Stroke Clinic
Have you always wondered about the butterfly stroke? This clinic will provide swimmers the opportunity to learn and improve their ‘fly’ stroke technique, improve efficiency in the water. You will leave the clinic with a better knowledge of the ‘why’ as well as the ‘how’ of the butterfly stroke. The swimmer will take home a detailed list of specific drills preformed during the clinic enabling you to continue to progress with your swimming. **NOTE:** Swimmer must have skills to be able to swim 4 lengths of the pool. **BRING:** goggles and fins (required).
Instructor: Joannie Eastridge
Fee: Member $24/Non-members $34

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Guys & Gals Water Aerobic Exercise
Males and females, be aware that water allows for a total body workout for all fitness levels. Water exercises have been proven to minimize chronic diseases, pain, and improve overall wellness. We will do a core stabilizing deep water workout followed by a shallow water workout. **SUPPLIES:** Hand Buoy and deep water belt (noodles can replace belt). Drop-in fee $12. Contact instructor at cbsargee@gmail.com with any questions.
Instructor: Chris Bernardo
Fee: Member (6) $60, (8) $80, (9) $90 /Non-members +$10

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Coached Swimming Instruction and Group Workouts
Have you always wanted to be a better swimmer? This class is for those who want to improve their swimming: endurance, confidence, speed, efficiency, or to compete in a swim meet. All swimming abilities are welcome (must be able to swim 4 lengths of the pool). Swimmers are grouped by ability, into separate lanes. Workouts will vary by lane. The goal of this class is have fun while becoming better swimmers. **BRING:** goggles, fins, and paddles. Instructor: Joannie Eastridge
USMS Certified Coach I&II. USMS High Performance Camp Graduate 2018, National Top 10 swimmer
Instructor: Joannie Eastridge
Fee: Member $32/Non-members $42

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Open and Flip Turn Clinic
This clinic will teach you how to turn at the wall when swimming. It’s designed for both competition swimmers and lap swimmers who want to be more efficient at the wall. The turn clinic will provide swimmers of all ability levels, the opportunity to learn and improve their open (touch) and flip turns. The swimmer will take home a detailed list of specific drills preformed during the clinic enabling you to continue to progress with your swimming. **Note:** Swimmer must have swimming skills to be able to swim 4 lengths of the pool. **BRING** goggles (required.)
Instructor: Joannie Eastridge
Fee: Member $24/Non-members $34

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Please be sure to review our Drop-in Policy located on page 39.
Snorkeling Class
Have you ever tried to go snorkeling only to wind up with a mask full of water, or choked on water when trying to clear your snorkel? This 2 hour class will teach you everything you need to know to be able to safely, comfortably, and confidently go snorkeling. You will learn how to select properly fitting equipment, clear water comfortably from your mask and snorkel, properly use your fins, perform surface dives to explore underwater, and learn about the physiology of snorkeling. Equipment provided. Please provide height, weight and shoe size at registration. Instruction by Desert Divers
Fee: Member $20/Non-members $30
CR#                  DATES             DAY           TIME       LOCATION
45201               10/23            W             1-3PM       CP2-POOL

Try Scuba Experience
Ever wonder how it might feel to experience weightlessness like an astronaut or wish you had ability to breathe underwater to see what it would be like to explore the world’s oceans? 75% of our planet is underwater, let us show you how you can explore it! Begin a lifetime of fun and adventure now. This 2 hour class covers the basics of scuba diving and provides practice time with scuba equipment in the pool so you can experience what it is like to scuba dive. There will be 30 minutes of instruction followed by 90 minutes using the equipment in the pool. Equipment provided. Please provide height, weight, and shoe size at registration. Instruction by Desert Divers
Fee: Member $25/Non-members $35
CR#                  DATES             DAY           TIME       LOCATION
45200               11/13            W             1-3PM       CP2-POOL

FITNESS

1, 2, 3, 4...
No need for a partner! Exercise by learning footwork only/practicing popular dances: Waltz, Foxtrot, Salsa, Rumba, Swing, Country, etc. Dance to improve and maintain balance, fitness, posture, core toning, brain function, and more! Additionally, learn to identify what dance goes with what genre of music. Come join me for some fun! Wear non-stick, smooth soled shoes. Drop-ins welcome $8.
Instructor: Donna Green
Fee: Member $32/Non-members $42
CR#                  DATES             DAY           TIME       LOCATION
41825               10/1-22           Tu             10-11AM     CH-PVR
41826               11/5-26           Tu             10-11AM     CH-PVR

20/20/20
20 minutes aerobic exercise, 20 minutes strength training, 20 minutes floor, core, and stretching exercises. Excellent combo for all your workout needs. Great for both men and women. Please BRING hand weights, resistance tubing with handles, mat, towel, and water. Fun for all! No judgment zone! Drop-in fee $8.
Instructor: Julia Jacob
Fee: Member (4) $32, (5) $40 /Non-members +$10
CR#                  DATES             DAY           TIME       LOCATION
41831               12/7-28           Sa             10-11AM     LC-AGAV
41830               11/2-30           Sa             10-11AM     LC-AGAV
41829               10/5-26           Sa             10-11AM     LC-AGAV

Exercise, Fun, and Fitness
Instructor: Donna Thiel
Fee: Member (8) $32, (9) $36/Non-members +$10
CR#                  DATES             DAY           TIME       LOCATION
41855               11/1-29           Tu,F             8-9:15AM     CH-SAG
41854               10/1-29           Tu,F             8-9:15AM     CH-PVR
41856               12/3-31           Tu,F             8-9:15AM     CH-PVR

No If’s, Abs, or Butts
This 45 minute class is a mixed format combining Yoga, Pilates and Calisthenics with a focus on not just sculpting the ‘6 pack’ but cultivating a strong core to support lower back health. We will also be spending equal time targeting glutes to strengthen and stretch, as hip health is important to hip function (as is the way you look in your jeans). Join me, as we ‘sculpt and shape’ our way to stronger, healthier hips and abs!! Drop-ins welcome, $12; PROPS: yoga mat required and wear comfortable clothes. Contact instructor, Vivian Sanchez, E-RYT-500 at (520) 312-4810, with questions.
Fee: Member (4) $40, (5) $50/Non-members +$10
CR#                  DATES             DAY           TIME       LOCATION
41906               12/2-30           M             6-6:45PM     LC-CYPR
41905               11/4-25           M             6-6:45PM     LC-CYPR
41904               10/7-28           M             6-6:45PM     LC-CYPR

Please be sure to review our Drop-in Policy located on page 39.
Step Intervals Plus - 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 class. This workout is packed with high energy FUN and will burn lots of calories! Abdominal work and a nice stretch at the end gives you a full body workout. Please bring a set of weights (based on your skill level), mat, towel, and water. Modifications provided during class, prior step aerobics experience recommended. Multiple class discount available for those taking two classes per week with this instructor, please see staff for discount. Drop-ins welcome, $8.
Instructor: Robin Lowe
Fee: Member (2) $14, (3) $21, (4) $28 /Non-members +$10

CR#     DATES       DAY   TIME    LOCATION
41941 (3) 10/17-31  Th   8-9AM    CV-REC
41942 (3) 10/14-28  M    8-9AM    CV-REC
41943 (3) 11/7-21   Th   8-9AM    CV-REC
41944 (4) 11/4-25   M    8-9AM    CV-REC
41945 (3) 12/2-16   M    8-9AM    CV-REC
41946 (2) 12/5-12   Th   8-9AM    CV-REC

Stop Falling! Improve 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. Drop-in fee $12. Please review our Drop-in Policy.
Instructor: Serenity Pilates Instructors
Fee: Member $60/Non-members $70 Classes: 6

CR#     DATES       DAY   TIME    LOCATION
42417 10/22-11/26  Tu   10-11AM   LC-JNPR

Stretch for Guys
This class includes varied exercises designed to increase energy, improve circulation, strengthen muscles, expand range of motion, lubricate joints, relieve stiffness, keep your back in alignment, improve posture and enhance overall physical ability whatever your interest or sport. We try to move every muscle in your body during class using varied disciplines such as classical stretch, basic Yoga, Pilates and even some Canadian Air Force exercises. All done to the music you know and love. Come join us. Please wear comfortable clothes and athletic shoes (no flip flips). Bring a sticky mat, water and 2 to 8 lb weights. All skill levels welcome. Drop-in fee $8. Please review the Drop-in Policy.
Instructor: Jan Jordan
Fee: Member $49/Non-members $59 Classes: 7

CR#     DATES       DAY   TIME    LOCATION
41950 10/11-11/22  F    8-9AM    CV-REC
41951 10/16-11/27  W    8-9AM    CV-REC

Stretch, Strengthen, and Stabilize (Experienced)
Prerequisite: for those who have completed one or more sessions of Stretch, Strengthen and Stabilize, who understand the principals and nature of the class and enjoy the practice. This class will go a bit deeper into the work. If it's been a long time since you've practiced, you'll want to refresh with the Principal class. There will still be correction and personal guidance. Wear loose clothing and bring a yoga mat. Drop-in fee $17. Call Beth at 318-9590 with further questions. Instructor: Beth Jonquil
Fee: Member (3) $42, (4) $56, (5) $70 /Non-members +$10

CR#     DATES       DAY   TIME    LOCATION
41952 (4) 10/7-28  M    11-12:30PM  CR-AMAD
41953 (5) 10/2-30  W    11-12:30PM  CR-AMAD
41954 (4) 11/4-25  M    11-12:30PM  CR-AMAD
41955 (4) 11/6-27  W    11-12:30PM  CR-AMAD
41956 (5) 12/2-30  M    11-12:30PM  CR-AMAD
41957 (3) 12/4-18  W    11-12:30PM  CR-AMAD

Stretch for Gals
This class includes varied exercises designed to increase energy, improve circulation, strengthen muscles, expand range of motion, lubricate joints, relieve stiffness, keep your back in alignment, improve posture and enhance overall physical ability whatever your interest or sport. We try to move every muscle in your body during class using varied disciplines such as classical stretch, basic Yoga and Pilates. All done to the music you know and love. Come join us. Please wear comfortable clothes and athletic shoes (no flip flips). Bring a sticky mat, water and 2 to 8 lb weights. All skill levels welcome. Drop-in fee $8. Please review the Drop-in Policy.
Instructor: Jan Jordan
Fee: Member $49/Non-members $59 Classes: 7

CR#     DATES       DAY   TIME    LOCATION
41949 10/11-11/22  F    9:30-10:30AM  CV-REC
41948 10/16-11/27  W    9:30-10:30AM  CV-REC
Health, Fitness & Sports

Stretch, Strengthen, and Stabilize (Principle)
Learn and practice exercises that will promote whole body correction-alignment to establish muscular balance. This can help and even eliminate lower back and shoulder pain, chronic pain from injuries, and postural issues. With practice, it will help correct disparity between the two sides of the body, restore balance, and build functional strength. We will focus on the anatomical principals and primary exercises of this form. In this class I will be more available for personal attention. Wear loose clothing (no jeans or belts) and bring a yoga mat. You must be able to get up and down from the floor. This class is required before taking the experienced level classes. There are standing, floor, and knee based exercises, with alternate exercises for special needs. Drop-in fee $17. Call Beth Jonquil at 318-9590 with questions.
Fee: Member (3) $42, (4) $56, (5) $70 /Non-members +$10

CR#              DATES             DAY           TIME                  LOCATION
41959 (5)      10/2-30            W             9-10:30AM               CR-AMAD
41958 (4)      10/7-28            M             9-10:30AM               CR-AMAD
41960 (4)      11/4-25            M             9-10:30AM               CR-AMAD
41961 (4)      11/6-27            W             9-10:30AM               CR-AMAD
41962 (5)      12/2-30            M             9-10:30AM               CR-AMAD
41963 (3)      12/4-18            W             9-10:30AM               CR-AMAD

Tai Chi Qigong, Green Valley Style NEW!
This class is suitable for all ages and is taught by an experienced trainer. Alternatives to physically challenging forms are given to accommodate physical capabilities. Sets are designed to increase core and leg strength while improving mindfulness. Kat Stramblie, assisting Donnie Poling, will share various styles and forms from previous classes’ Tai Chi Qigong, GV Style taught at GVR, La Posada, QC and other places.
Fee: Member (6) $48, (7) $56, (10) $80 /Non-members +$10

CR#              DATES             DAY           TIME                  LOCATION
44292 (10)     10/1-31            Tu, Th          8:30-9:30AM             LC-CYPR
44293 (6)      11/5-21            Tu, Th          8:30-9:30AM             LC-CYPR
44294 (7)      12/3-31            Tu, Th          8:30-9:30AM             LC-CYPR

Tai Chi Wu Style - Beginning
Students will learn the first set from the Wu Style Tai Chi form. Wonderful for balance, well-being, concentration, relaxation, and the feeling of more flow in life.
Instructor: Heidi Wilson
Fee: Member $85/Non-members $95

CR#              DATES             DAY           TIME                  LOCATION
41964 (8)      10/7-11/25         M             8-9AM                    EC-AUD

Tai Chi Wu Style - Continuing
Students will continue to learn the Wu Style Tai Chi form. All students who have taken the beginning class are welcome to take this class, whether you have practiced what you learned or not. Wonderful for balance, well being, concentration, relaxation and the feeling of more flow in life.
Instructor: Heidi Wilson
Fee: Member $85/Non-members $95

CR#              DATES             DAY           TIME                  LOCATION
41965 (8)      10/7-11/25         M             9-10AM                    EC-AUD

Health

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, a simple method to keep your brain active, has now been enhanced by new research that proves using a new technique as little as 10 minutes a day can help maintain your brain health, decrease your risk of dementia and keep you alert and functioning well mentally. Manual fee of $45 paid to instructor at the first class.
Instructor: Patricia Izzi, Holistic Health Practitioner
Fee: Member $80/Non-members $90

CR#              DATES             DAY           TIME                  LOCATION
41836 (4)      11/5-26            Tu             1-3PM                     CH-MSQT

Crystals for Health
Crystals have been used for centuries by many cultures to relieve pain, stress, improve sleep or mobility and help with overall wellbeing. This is a BEGINNER’S class to help you become familiar with the power of crystals, how to select them, cleanse them, ‘program’ them, and how to use them successfully to improve your health. Feel free to bring your own ‘treasures’ or learn what you need to know before the Gem Show. A $6 material fee paid to instructor at first class.
Instructor: Patricia Izzi, Holistic Health Practitioner
Fee: Member $60/Non-members $70

CR#              DATES             DAY           TIME                  LOCATION
44235 (4)      11/4-25            M             3:30-4:30PM               CH-MESQ

Essential Oils for Healthy Living NEW!
Wellness from plants has bee around since ancient times. Learn how to use Essentials Oils to target specific areas of your life. We will explore remedies and create roller bottles to let you experience the healing power of these ‘gifts of the earth’. $10 material fee payable to instructor.
Instructor: Sally Bryan
Fee: Member $25/Non-members $35

CR#              DATES             DAY           TIME                  LOCATION
44227 (1)      11/14              Th             10-11AM                   LC-IRWD

Please be sure to review our Drop-in Policy located on page 39.
**Essential Oils: Make ‘n Take** NEW!
Learn how essential oils can be part of a healthy lifestyle. Have FUN mixing up make ‘n take roller bottles to target issues like stress, sleep, digestion, immune support, seasonal allergies, or headaches. Essential oils and supplies provided for make ‘n take.
Instructor: Sally Bryan
Fee: Member $25/Non-members $35
Classes: 1
CR#  DATES        DAY   TIME   LOCATION
44221  10/15     Tu   10-11AM  LC-CTWD

**Exploring Meditation Through Relaxation** NEW!
Each week we will explore a different approach to relaxation in order to find what works for the individual wishing to begin a meditation practice. Week 1: Yoga Nidra; Week 2: Guided Imagery; Week 3: Heart Meditation; Week 4: Chakra Meditation. Please BRING yoga mat, wear loose comfortable clothes. Drop-ins welcome $12. Contact instructor with any questions (520) 312-4810.
Instructor: Vivian Sanchez, E-RYT 500
Fee: Member $40/Non-members $50
Classes: 4
CR#  DATES        DAY   TIME   LOCATION
44358  10/9-30   W   11:15AM-12:15PM  LC-AGAV

**Reiki Information Session**
Reiki, (pronounced Ray Key) is a combination of two Japanese words rei and ki meaning universal life energy. Reiki is an ancient laying-on of hands healing technique that uses the life force energy to heal, balancing the subtle energies within our bodies. Reiki addresses physical, emotional, mental and spiritual imbalances. This healing art has proven to be an effective tool for numerous issues. Join us for this informational session to learn how it works on your chakras (energy centers) to put your energy field back into balance.
Instructor: Patricia Izzi, Holistic Health Practitioner
Fee: Member $15/Non-members $25
Classes: 1
CR#  DATES        DAY   TIME   LOCATION
41922  10/28     M   3:30-4:30PM  CP1-REC
44238  12/11     W   2:30-3:30PM  CP1-REC

**SPORTS**

**Doubles: Practicing to Compete Effectively**
This course will target those who already compete on a regular basis. This course will be about learning when and why to hit certain shots and then repeating them so they can be used effectively in a match. Course will assist you in predicting your opponents shot so you can respond before they have hit the shot. Finally, this course will give direction on where to recover to after playing a shot, in order to be able to complete your offensive or defensive play. Each session will have a competitive tie-breaker.
Instructor: Ray Wardlaw
Fee: Member $60/Non-members $70
Classes: 3
CR#  DATES        DAY   TIME   LOCATION
41845  10/15-17   Tu-Th  12:30-2PM  WC-TEN
41846  11/12-14   Tu-Th  12:30-2PM  WC-TEN
44429  12/10-12   Tu-Th  12:30-2PM  WC-TEN

**Pickleball 101 (Introduction)**
Join us for the redesigned Pickleball 101 class! Learn the fundamentals of Pickleball, the fastest growing senior sport in North America. Class consists of 4 2-hour sessions on consecutive Wednesdays. Classes focus on court layout, rules, etiquette, grip, position, drills for serving/return of serve, volley/dink shot and drill for both. The last class will be a tournament to provide you with practice and experience that may help prepare you for Senior Games! Paddles available for students. Wear tennis shoes.
Instructors: Karen Riley, Sandy Heintz, or Donna Davis
Fee: Member $40/Non-members $50
Classes: 4
CR#  DATES        DAY   TIME   LOCATION
44371  10/9-30   W   3-5PM   CR-PICKL
44372  11/6-27   W   3-5PM   CR-PICKL

**Pickleball 201**
Prerequisite is 2.5 or better or having completed PB 101. Emphasis on 3rd shot, drop, drive or lob, and when to use each one. Proper footwork for defending the lob. Team strategies depending on court positioning.
Instructor: Carol Hammerle
Fee: Member $40/Non-members $50
Classes: 2
CR#  DATES        DAY   TIME   LOCATION
41910  10/14-21   M   3-5PM   CR-PICKL
44226  11/25-12/2  M   3-5PM   CR-PICKL
Pickleball 202
Prerequisite is 2.5 or better and/or completing PB 201. Progression on 3rd shot by players developing a better understanding of when and which third shot is appropriate. Example: when should you not use a third shot drop? Introduce NVZ lob. Review footwork for defending the lob. Instructor: Carol Hammerle
Fee: Member $40/Non-members $50
CR# DATES DAY TIME LOCATION
41913 11/11-18 M 3-5PM CR-PICKL

SNAP Pickleball NEW!
SNAP Pickleball will help you to become a Smart, Nimble, and Purposeful Pickleball player by teaching you strategies, court position, footwork, and teamwork. You will also learn what shot to use, when to use it, and how to execute it. This three-week class runs for 2 hours each week and is filled with information that will help you elevate your game to the next level. Instructor: Kathy Palese
Fee: Member $60/Non-members $70
CR# DATES DAY TIME LOCATION
44287 10/15-29 Tu 12:2PM CR-PICKL
44288 11/12-26 Tu 12:2PM CR-PICKL

Introduction to Playing Tennis NEW!
This course will begin with the best grip options for a player integrated with the forehand and backhand strokes, Next will be learning the best way to serve consistently integrated with the return of the serve. Finally, learning to volley with the correct footwork will accelerate a beginner’s playing enjoyment in the social setting. Instructor: Ray Wardlaw
Fee: Member $40/Non-members $50
CR# DATES DAY TIME LOCATION
41884 10/22-24 Tu-Th 12:30-1:30PM WC-TEN

YOGA & PILATES

EZ Does It Yoga - A Gentle Practice
If you always wanted to try yoga but don’t feel you are flexible, this is the class for you. Great, gentle class for people of all shapes and sizes. Perfect for anyone who wants to take it a little slower. We work on basic poses to stretch and strengthen all major muscles and joints, as well as develop greater relaxation in the pose. Breathing flexibility practice is also stressed. Required props (available for sale); please bring yoga mat, yoga strap, yoga blocks, and 2 Mexican blankets or beach towels. Discounted fees for multiple weekly classes with this instructor, please see staff. Course unavailable for online registration. Drop-in fee $13.
Instructor: Marti DeLong
Fee: Member (3) $30, (4) $40 /Non-members +$10
CR# DATES DAY TIME LOCATION
44223 (4) 10/8-29 Tu 9:30-10:45AM CR-AMAD
41857 (3) 11/7-21 Th 9:30-10:45AM CR-AMAD
41859 (4) 11/5-26 Tu 9:30-10:45AM CR-AMAD
41860 (4) 12/5-26 Th 9:30-10:45AM CR-AMAD
44224 (4) 12/3-24 Tu 9:30-10:45AM CR-AMAD
44225 (3) 12/4-18 W 9:30-10:45AM LC-CYPR

Mindful Movement On and Off the Mat
Yoga, Pilates, Tai Chi, and meditation with a focus on taking lessons learned on the mat ‘off the mat.’ This class weaves together the threads of these 4 modalities in a way that students will learn how to ‘move’ better and navigate through daily life ‘on and off the mat’. Self-aware, strong, flexible, calm, happy, and healthy... ways we’d like to describe ourselves and this can be learned on the mat! Detailed cueing and modification offered so that each student can work to their personal best. PROPS: Yoga mat required and wear comfortable clothes; other props optional. Drop-ins welcome, $12, please review the Drop-in Policy. Contact instructor, Vivian Sanchez E-RYT500 at (520) 312-4810, with questions.
Fee: Member (4) $40, (5) $50 /Non-members +$10
CR# DATES DAY TIME LOCATION
41901 (4) 10/7-28 M 11AM-12PM LC-CYPR
41902 (4) 11/4-25 M 11AM-12PM LC-CYPR
41903 (5) 12/2-30 M 11AM-12PM LC-CYPR

Please be sure to review our Drop-in Policy located on page 39.
### Pilates Mat

Pilates mat-based exercises are based on the principles of breathing, concentration, focus, precision, centering and flow. Pilates will help you develop better body awareness, postural improvement, balance, flexibility, core strength and muscle tone. Instructor may introduce small accessory equipment. **Bring** a mat and small pillow or towel if needed for head support. Drop-in fee $12. Please review our Drop-in Policy. 

**Serenity Pilates Instructors**

Fee: Member (3) $27, (4) $40 /Non-members +$10

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### Yoga - Level I/II

This class is for students with some yoga experience. Principles of alignment will be taught with emphasis on breath, awareness and safety. Instructions for deepening the poses will be offered so students can move into those positions if they desire. This course will continue to explore and work on intermediate poses. Your own yoga mat is **required.** Additional props also good to **bring:** blanket (one or two Mexican blankets work well), block(s), and yoga strap. Multi-class discount available, see staff for more details. Course unavailable for online registration. Drop-in fee $12. Instructor: Kathy Edds

Fee: Member (3) $30, (4) $40 /Non-members +$10

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### Yoga Beyond Beginners

This class is designed for students with some basic knowledge or practice of yoga. Class is slow and methodical so students can learn the basic elements of how to practice yoga. Emphasis will be on breath and physical alignment. Your own yoga mat is **required.** Other props to **bring:** blanket (one or two Mexican blankets), two 4’ yoga blocks and a yoga strap (8’). Multi-class discount available, see staff for more details. Course unavailable for online registration. Drop-in fee $12. Instructor: Kathy Edds

Fee: Member (3) $30, (4) $40 /Non-members +$10

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### Yoga for Beginners

Designed for students without previous knowledge or practice of yoga. It is also good for experienced students who enjoy a slow pace with attention to detail in yoga poses. We practice in a slow and methodical way so students can learn the basic elements of how to practice yoga and feel the effects on the body, enabling you to take your practice to the next level, or to continue with this easyful yet challenging course. Emphasis is on breath and physical alignment. Your own yoga mat is **required.** Additional props to bring: firm blanket or large towel, 2 yoga blocks, and an 8’ yoga strap (or luggage strap or old necktie). Drop-in fee $12; please review the Drop-in Policy. Instructor: Valerie Davenport

Fee: Member (3) $30, (4) $40 /Non-members +$10

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### Yoga on the Ball

If you enjoy yoga or are new to the practice, this is a class to shake up your usual movement routine. The use of a 65mm stability ball adds another tool to your exercise toolbox. We will sit on, lift, and press the ball against the wall. Yoga poses with the ball give your body a different kind of support to help increase balance and flexibility. This practice helps to fire up different muscles and strengthen connective tissue. Come join us for fun and relaxation. **PROPS:** Please bring a 55cm stability ball and a yoga mat. Discounted fees for multiple weekly classes with this instructor, please see staff. Course unavailable for online registration. **NO CLASS 12/24.**

Instructor: Marti DeLong

Fee: Member $40 /Non-members $50

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### Yoga Saguaro (Hatha) Level I/II

For students with a consistent yoga practice of one year and knowledge of the basic 30 poses (asanas). Sun Salutations are followed by standing/seated poses, twists, balance, back bending, and some inversion poses. Strong emphasis will be on breathing techniques (pranayama). Richard has been instructing yoga since 2004 with extensive yoga study in India. He recently completed ‘Integrative Yoga for Seniors,’ a 10-day training at Duke University. **REQUIRED PROPS** (available for purchase): firm yoga mat, 2 blocks, yoga strap and 2 firm blankets. Drop-in fee $13. Multi-class discount available, please see staff. Course unavailable for online registration. **NO CLASS 10/11.**

Instructor: Richard Roth

Fee: Member (3) $30, (4) $40 /Non-members +$10

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**Yoga Saguaro Chair Yoga**
A unique style that adapts yoga poses through creative uses of a chair. Poses are practiced in a seated position or the chair is used for support during balance and standing poses. The chair allows you to feel supported, stable, and safe. Chair yoga can lead to stress reduction, improved health, wellness, and foster graceful aging. Emphasizing the breath, balance, and taking things at your own pace. Men welcome! Richard recently completed 50 hours ‘Integrative Yoga for Seniors’ training at Duke University, has been teaching since 2004, and is a registered yoga teacher, E-500 RYT, Yoga Alliance. Helpful PROPS (available for purchase): yoga mat, yoga straps. Multi-class discount available, see staff for more details. Course unavailable for online registration. Drop-in fee $10. NO CLASS 10/11, 11/29.
Instructor: Richard Roth
Fee: Member (3) $30, (4) $40/Non-members +$10

**Yoga Saguaro for Back Care**
No experience necessary. Men and women welcome! If you can breathe, you can practice hatha yoga. This gentle class is designed for those with back challenges and anyone intent on strengthening their back for improved stability and posture. Emphasis on breathing techniques and poses designed to stretch, strengthen, balance, and harmonize the body, mind, and spirit. Richard is certified annually by Yoga Alliance as E-500 RYT and recently completed the 10-day ‘Integrative Yoga for Seniors’ training at Duke University. REQUIRED PROPS (available for purchase): yoga mat, 2 blocks, 8’ yoga strap and 2 very firm blankets (Mexican ideal). Multi-class discount available, see staff for more details. Course unavailable for online registration. Drop-in fee $11. NO CLASS 10/11.
Instructor: Richard Roth
Fee: Member (3) $30, (4) $40/Non-members +$10

**Yogalates Training for Pickleball and More!**
Students will learn to use Yoga and Pilates to improve their Pickleball game and more! At each hour-long session there will be a focus on 5 key factors for the game: proper warm-up, balance, strength, flexibility and post-play decompression. Pickleball players, from beginners taking Pickleball 101 to level 4.0+ players, learn how: flexibility and balance prevent injuries; core strength protects your back and increases balance in this quick ‘start/stop’ sport; strength combined with flexibility improves stamina and performance. Wear comfortable clothes; BRING towel and yoga/exercise mat. Drop-ins welcome, $12.
Instructor: Vivian Sanchez
Fee: Member (4) $40, (3) $30//Non-members +$10

**Yogalates Plus**
90 minutes of Pilates and yoga combined to sculpt long, lean, and stronger muscles while promoting flexibility to increase range of motion. Learn to ‘align and re-define’ your body and mind; lots of options and modifications offered to meet the needs of the beginner as well as the seasoned practitioner. Extended Pilates series to target core strength. Drop-ins welcome, $18. BRING: yoga mat required (props optional) and wear comfortable clothes. Contact instructor, Vivian Sanchez, E-RYT-500 at (520) 312-4810, with questions.
Fee: Member (3) $45, (4) $60/Non-members +$10

**ZUMBA**
Zumba® Gold with Toning
The Zumba® Gold-Toning program combines the enticing world rhythms of the Zumba® Gold program with strength-training techniques, creating an easy-to-follow, health-boosting dance-fitness program for the young at heart, including beginners. Using weights, you will build strength and tone all the target zones. JOIN THE PARTY, DITCH THE WORKOUT! Drop-in fee $10. Bring 1 to 2 lb. weights and water.
Instructor: Annette Mesa
Fee: Member (3) $24,(4) $32, (5) $40/Non-members +$10

**Registration begins Monday, September 9**
Language Arts & Writing

FRENCH

**e-french NEW!**
We all have these apps and online temptations at our fingertips and maybe you are not sure where to start learning French. Find out by consulting a French language professional who will help you define or refine your goals. This new class format works two ways: you could sign up for the full five weeks and commit to learn some basic French on the way with my assistance or you may just drop-in once or twice to satisfy your curiosity about French on the go. In either case, bring your mug for ‘café avec petits gâteaux’. Drop-in fee $20. Instructor, Sylvie Robertshaw, M.Ed., is a native speaker.

Fee: Member $80/Non-members $90

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**French - Beginner Conversation III**
This is the continuation of BEGINNER II with focus on more complex life and language situations. Pre-intermediate-level speakers welcome. Please bring the required text Learn French the Fast and Fun Way by Elizabeth Bourquin Leete (available at local bookstore) to the first day of class. NO CLASS 11/29. Instructor, Sylvie Robertshaw, M.Ed., is a native speaker.

Fee: Member $85/Non-members $95

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**French Canadian Song NEW!**
Beyond ‘Alouette’ and Celine Dion, there is a whole world of French-Canadian songs to explore for the cadence of their tunes and the depth of their lyrics. Surely, we can discover something about the soul of Quebec on the way... Bring your hearing aids, voices, and instruments. Drop-in fee $20. NO CLASS 11/27. Instructor, Sylvie Robertshaw, M.Ed., is a native speaker.

Fee: Member $80/Non-members $90

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SPANISH

**Advanced Spanish I**
This course is for those who have completed Spanish Intermediate. We will cover the imperative tense. Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Devney Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.

Fee: Member $55/Non-members $65

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**Advanced Spanish II**
This course is for those who have completed Spanish Advanced I. The course covers the present subjunctive tense. Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.

Fee: Member $75/Non-members $85

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**Basics**
This course is an introduction to learn the alphabet and words, telling time, greetings, useful expressions, and how to order a meal. Handouts included. Zandra Clarke, B.A., is a native speaker and experienced instructor.

Fee: Member $45/Non-members $55

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**Casa del Estudiante**
Si deseas sumergirte en el mágico mundo de la cultura de México, y si te gusta platicar de la riqueza de otros pueblos y de la vida en otros países. Entonces éste es el lugar indicado para conversar. No necesitas traer nada a la clase, sólo ganas de hablar en español. Zandra Clarke, B.A., is a native speaker and experienced instructor.

Fee: Member $55/Non-members $65

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**Elementary I**
Have you completed Spanish Basics? This course is for you! We’ll cover the present tense of regular verbs. Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.

Fee: Member $65/Non-members $75

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Elementary II
This course is for those who have completed Spanish Elementary I. The course covers the verbs 'to be: ser, and estar.' Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Devney Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.
Fee: Member $55/Non-members $65
CR#   DATES    DAY    TIME    LOCATION
44297  10/4-25  F       9-11AM  DH-RMC

Elementary III
This course is for those who have completed Spanish Elementary II. The course covers 'hay,' 'tener' and the personal 'a.' Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Devney Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.
Fee: Member $45/Non-members $55
CR#   DATES    DAY    TIME    LOCATION
42017  11/8-22  F       9-11AM  DH-RMC

Elementary IV
Have you completed Spanish Elementary III? This course is for you! We will learn the common irregular verbs 'saber' and 'conocer.' Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Richmond. Instructor: Zandra Clarke, B.A.
Fee: Member $55/Non-members $65
CR#   DATES    DAY    TIME    LOCATION
42018  10/3-24  Th      1-3PM   DH-RMA

Elementary V
Have you completed Spanish Elementary IV? This course is for you! This course covers the reflexive verb 'gustar' and the present progressive tense. Required text: Practice Makes Perfect Spanish Verb Tenses by Dorothy Richmond. Zandra Clarke is a native speaker and experienced instructor. NO CLASS 11/28.
Fee: Member $65/Non-members $75
CR#   DATES    DAY    TIME    LOCATION
42019  10/31-12/5  Th     1-3PM   DH-RMA

Intermediate I
This course is for those who have completed Spanish Elementary V. The course covers the preterite tense. Required text: Practice Makes Perfect Spanish Verb Vrbes, by Dorothy Devney Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.
Fee: Member $75/Non-members $85
CR#   DATES    DAY    TIME    LOCATION
42020  10/7-11/11  M     1-3PM   DH-RMA

Intermediate II
This course is for those who completed Spanish Intermediate I. The course covers the imperfect tense. Required text: Practice Makes Perfect Spanish Verb Tenses, by Dorothy Richmond. Zandra Clarke, B.A., is a native speaker and experienced instructor.
Fee: Member $75/Non-members $85
CR#   DATES    DAY    TIME    LOCATION
42021  10/16-11/20  W     9-11AM  LC-ACAC

Vámonos!
If you are willing to practice all those Spanish verb tenses, this is a perfect class for you! We will focus on pronunciation and learning some vocabulary and phrases as an introduction to conversational Spanish, followed by topics related to everyday life in Latin America. Zandra Clarke is a native speaker and experienced instructor.
Fee: Member $55/Non-members $65
CR#   DATES    DAY    TIME    LOCATION
42024  10/2-23  W       1-3PM   DH-RMA
42025  10/30-11/20  W     1-3PM   DH-RMA

WRITING
A Living Legacy NEW!
Everyone has a story. What is yours? Oral histories alter over time; the written word lasts forever. You can author your story, be the artist painting your life picture with words. A Living Legacy using memory prompts and techniques such as mapping, free-writing, visualization, sentence architecture from a professional writer. Share your skills and ideas with classmates enjoying the creative process in a positive, supportive atmosphere. $10 material fee payable to instructor covers all your handouts.
Instructor: Bette Rose Immel
Fee: Member $50/Non-members $60
CR#   DATES    DAY    TIME    LOCATION
44229  10/17-11/21  Th    10:30AM-12PM  CP2-REC

The Five Invitations NEW!
The compelling lessons shared in 'The Five Invitations: Discovering What Death Can Teach Us About Living Fully' are valuable to people at any phase of life. Whether facing your own imminent death or that of a loved one, navigating a crisis, or looking to embrace and enjoy living your life more fully. Instructor: Mark Horton
Fee: Member $45/Non-members $55
CR#   DATES    DAY    TIME    LOCATION
44231  10/1-22  Tu     10AM-12PM  CH-MESQ
Nature & Gardening

PLANTS

Caring for Your Desert Landscaping
Week 1: What to plant and why. Week 2: Pruning and planting. Week 3: Insects, pests, disease and weed control. Week 4: Irrigation and fertilizing. Instructor is a Landscape Architect, Certified Arborist and has accumulated 30 years of gardening experience in the Green Valley area. Material fee of $4 payable to instructor at class.
Instructor: Linda Strader
Fee: Member $65/Non-members $75
CR# DATES DAY TIME LOCATION
42051 10/1-22 Tu 9-11AM LC-ACAC
42053 12/3-24 Tu 9-11AM LC-IRWD

Creating a Butterfly Garden
Attract butterflies to your yard with hardy, desert-adapted plants. Your instructor is a Landscape Architect, Certified Arborist and has accumulated over 25 years of gardening experience in the Green Valley area. Material fee of $3 payable to instructor.
Instructor: Linda Strader
Fee: Member $30/Non-members $40
CR# DATES DAY TIME LOCATION
42077 12/16 M 9-10AM LC-ACAC

Landscaping with Desert Natives
Landscape your home with desert natives and reap the benefits of low water use, attracting native birds, and minimize maintenance. Instructor is a Landscape Architect, Certified Arborist and has accumulated over 30 years of gardening experience in the Green Valley area. Material fee of $5 payable to instructor.
Instructor: Linda Strader
Fee: Member $25/Non-members $35
CR# DATES DAY TIME LOCATION
44276 11/4 M 9-10AM LC-ACAC

Planting a Hummingbird Garden
Skip the sugar syrup! Learn what to plant to attract hummingbirds to your yard all year long. Instructor is a Landscape Architect, Certified Arborist and has accumulated over 30 years of gardening experience in the Green Valley area. Material fee of $3 payable to instructor at class.
Instructor: Linda Strader
Fee: Member $30/Non-members $40
CR# DATES DAY TIME LOCATION
42066 10/7 M 9-10:15AM LC-ACAC

Successful Cactus and Succulent Gardens
Learn which plants to choose for a cactus and succulent garden that will survive both our summers and winters. Design hints will also be offered to help make your selection unique. Instructor is a Certified Arborist and Landscape Architect with more than 30 years of experience in the area. Material fee of $2 payable to instructor.
Instructor: Linda Strader
Fee: Member $30/Non-members $40
CR# DATES DAY TIME LOCATION
42072 12/9 M 9-10:30AM LC-ACAC

Vegetable Gardening in Containers
Learn how to grow vegetables and herbs in containers and which varieties are best for the desert. Instructor has over 30 years of experience growing vegetables in the desert. Material fee of $4 payable to instructor.
Instructor: Linda Strader
Fee: Member $25/Non-members $35
CR# DATES DAY TIME LOCATION
42039 11/8 F 10AM-12PM LC-IRWD

TRAVEL

A Naturalist's Tour of our Sky Islands Part I
In southeast Arizona we are endowed with an incredible array of fascinating forested mountains that are separated from each other by drier valleys. These virtual islands - a sort of inland American Galapagos - have latitude, longitude, topography, meteorology and geology, conspire to make each mountain range unique in its exact complement of flora, fauna and associated natural history. Naturalist and Wildlife Biologist Vincent Pinto will take you on a slide show tour to some of the most beautiful and diverse Sky Islands in Arizona and New Mexico. In Part I, walk with him as he spends a day in each of the following ranges: Atascosas, Peloncillos, Pinalenos, Catalinas and Galiuros. Part I & II can be taken independently of each other. "There is an optional, instructor led 3-day field trip to the Chiricahua Mountains, March 30 - April 1, 2020. Trip fee is payable directly to the instructor."
Instructor: Linda Strader
Fee: Member $25/Non-members $35
CR# DATES DAY TIME LOCATION
42039 11/8 F 10AM-12PM LC-IRWD
## A Naturalist’s Tour of our Sky Islands Part II

In southeast Arizona we are endowed with an incredible array of fascinating forested mountains that are separated from each other by drier valleys. These virtual islands—a sort of inland American Galapagos—have latitude, longitude, topography, meteorology and geology, conspiring to make each mountain range unique in its exact complement of flora, fauna and associated natural history. Naturalist and Wildlife Biologist Vincent Pinto will take you on a slide show tour to some of the most beautiful and diverse Sky Islands in Arizona and New Mexico. In Part II join Vincent for in-depth explorations of the Chiricahuas, Dragoons, Huachucans, Santa Ritas and Patagonias. Discover the pleasures of island hopping in your own backyard! Parts I and II can be taken independently of one another. *There is an optional instructor-led, 3-day field trip the Chiricahua Mountains, March 30 - April 1, 2020. Trip fee is payable directly to the instructor.*

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## Ancient Arizona: People of the Past

Prior and subsequent to Spanish contact in the southwest, Arizona has had an incredible progression of native cultures inhabiting all corners of our state. Starting with the Paleolithic hunters and progressing up until modern times, Wildlife Biologist and Naturalist Vincent Pinto will visually walk you through many of the native nations that called Arizona home. Via a slide show and artful displays, discover how ancient peoples made a living and created a wealth of material culture, as well as what evidences they left behind. You’ll also learn where you can visit ancient Arizona sites.

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## Arizona’s Geologic Wonders

The state of Arizona boasts some of the most spectacular geologic landscapes on planet Earth. Towering mountains, desolate valleys, stark volcanoes, sinkholes, and other-worldly canyons decorate our area. Join Naturalist and Wildlife Biologist Vincent Pinto for an in-depth slide show, covering the forces that created Arizona, as well as the beautiful landscapes spawned by them. Photographic images will be accompanied by various geologic displays.

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## Iceland: Fire, Fjords, and Vikings

Situated between North America and Europe, Iceland stands at a biological, geological, and cultural crossroads. Soaring mountains rise from dramatic seacoasts with unforgettable fjords. Active volcanoes rumble side-by-side with huge glaciers, truly making this a land of contrasts. Join Naturalist and Wildlife Biologist Vincent Pinto for a memorable slideshow and discover some of the most dramatic and unforgettable landscapes in a remarkable country filled with them. Vincent will also delve into the rich Viking heritage that permeates Iceland and which defines its culture.

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## Madera Canyon - Santa Rita Mountains Biodiversity

Join Wildlife Biologist & Naturalist Vincent Pinto for an in-depth photographic look into one of the key canyons within Arizona’s Sky Islands. Learn facts about the flora and fauna of Madera at an intimate level. Explore the various habitats found within this famous chasm including: Maderean Evergreen Woodland, Riparian Forest and Desert environments. Madera is a renowned mecca for birds with over 256 species recorded within the canyon, including the spot with the most hummingbirds recorded in one day in the U.S. Mammals & reptiles too are very diverse. Madera’s stunning variety of invertebrates will dazzle you, as will seasonal wildflower blooms. Experience Madera Canyon as you never have before.

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## Sea of Cortez - An Ocean of Treasures

Although Arizona is entirely devoid of marine environments, the nearby Sea of Cortez or Gulf of California provides a world-class opportunity to delve into the sea. Wildlife Biologist and Naturalist Vincent Pinto will transport you to the beaches, estuaries, coral reefs, and sublme underwater environments via slideshow. Learn about the region’s fish, birds, reptiles, aquatic invertebrates, and other natural wonders. See why Jacques Cousteau himself dubbed the Sea of Cortez ‘the world’s aquarium’.

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Southwest National Parks
Wildlife Biologist and Naturalist Vincent Pinto have compiled his best landscape, wildlife, and floral shots from many of these parks in one memorable slide show. With him, you’ll travel to: Zion, Canyonlands, Arches, Organ Pipe Cactus, Petrified Forest, White Sands, Guadalupe Mountains, and other national park units. Each park will come to life during a dazzling slideshow and with associated displays and maps.
Fee: Member $20/Non-members $30
Classes: 1
CR#    DATES       DAY     TIME  LOCATION
42070  11/7        Th      2-4PM  LC-IRWD

Wild Scotland: Highlands and Islands
In a continent that has been otherwise tamed and bent to the will of humans, Scotland stands out as a bastion of wilderness. Venture with Naturalist and Wildlife Biologist Vincent Pinto into the majestic highlands, including Cairngorm National Park, where you’ll explore lochs and glens, as well as ancient forests and castles. You’ll also discover some of Scotland’s most majestic islands, where the land meets the sea. Throughout this captivating slideshow, Vincent will highlight unique Scottish wildlife and flora.
Fee: Member $20/Non-members $30
Classes: 1
CR#    DATES       DAY     TIME  LOCATION
44395  11/7        Th      10AM-12PM  LC-IRWD

WILDLIFE & WILDERNESS

Bats: Diversity, Myths, and Reality
Bats are fascinating, yet misunderstood, animals. They are the only mammals capable of powered flight. They are very diverse-over 1,300 species at last count. Far from being ‘flying mice’, they exhibit a large variety of sizes, foods, and behaviors. Yet, they are also cloaked in misunderstanding and fear by some people. This class introduces these remarkable animals, with a focus on species that occur in Arizona.
Instructor: Jeff Babson
Fee: Member $20/Non-members $30
Classes: 1
CR#    DATES       DAY     TIME  LOCATION
44220  10/30       W       10AM-12PM  LC-IRWD

Birdwatching - Hands On!
Learn the basic skills of identifying birds or sharpen the ones you already have. Learning to interact with birds at home or in the field is really fun and SW Arizona is one of the most popular birdwatching areas in the world. We’ll explore ‘all the ways to observe birds’ and discuss how to choose good binoculars, field guides, and other tools. The first class includes 2-1/2 hours in the classroom followed by field practice and lunch, ending mid-afternoon. There will be 2 follow-up field trips (optional) to great birding locales for an additional fee to be paid to the instructor. Bring binoculars and field guides if you have them, (don’t buy new until you take the first class.) Bring lunch, beverage and snacks. Contact Sandy, an experienced naturalist, with any questions, 648-0054.
Instructor: Sandy McMahan
Fee: Member $50/Non-members $60
Classes: 1
CR#    DATES       DAY     TIME  LOCATION
42048  10/8        Tu      8-10:30AM  EC-LNGE
42049  11/1        F       8-10:30AM  EC-LNGE
42050  12/3        Tu      8-10:30AM  EC-LNGE

Frogs and Toads of North America NEW!
Who doesn’t love frogs? Toads often do not generate as much affection from people. Regardless, this class dives into the semi-aquatic world of these fascinating animals, exploring North America’s diverse fauna including such groups as treefrogs, pond frogs, burrowing frogs, narrow-mouthed toads, and plain ol’ toads. We will give special attention to species that occur in Arizona.
Instructor: Jeff Babson
Fee: Member $20/Non-members $30
Classes: 1
CR#    DATES       DAY     TIME  LOCATION
44215  12/2        M       10AM-12PM  LC-IRWD

Lizards of Arizona NEW!
Lizards definitely qualify as watchable wildlife-they are typically active by day, often sport beautiful colors or interesting patterns, come in a wide range of shapes, and exhibit fascinating behaviors. Arizona is home to over 50 species of lizard. In this class, we explore the diversity of these animals in the Grand Canyon State.
Instructor: Jeff Babson
Fee: Member $20/Non-members $30
Classes: 1
CR#    DATES       DAY     TIME  LOCATION
44219  10/14       M       10AM-12PM  LC-IRWD
Salamanders of North America NEW!
Salamanders are a surprisingly diverse group of amphibians, encompassing eel-like sirens, to big, lumbering hellbenders, to delicate forest dwellers. This class explores North America’s salamander fauna. Did you know that the most diverse region on Earth for salamanders is in the U.S.? Or that many salamander species don’t have lungs? All of this and more awaits!
Instructor: Jeff Babson
Fee: Member $20/Non-members $30
Classes: 1
CR#          DATES           DAY     TIME                  LOCATION
44384        11/18          M    10AM-12PM                LC-IRWD

Songs and Calls: The Language of Birds NEW!
Many birds enrich our lives with beautiful melodies. Others are amazing mimics. In still others, the sounds made by birds are harsh and grating. In this class, we explore the diversity of sound produced by birds. We look into how birds make sounds, the functions and differences between songs and calls, the origin of bird sound (genetics vs learning), and much more. Instructor: Jeff Babson
Fee: Member $20/Non-members $30
Classes: 1
CR#          DATES           DAY     TIME                  LOCATION
44216        12/9           M    10AM-12PM                LC-IRWD

Thorns, Stingers, and Fangs—Welcome to AZ!
Black widows, poison ivy, rattlesnakes, cacti that ‘jump’ at you, centipedes, kissing bugs, Africanized bees, stinging ants, Gila monsters, and scorpions - welcome to the southwest! How in the world can we enjoy the wilds with these daunting species as neighbors? Using a combination of slide show, live creatures, and preserved specimens, Wildlife Biologist Vincent Pinto will help you learn the differences between truly dangerous animals and plants versus those that we unjustly fear. Further, we’ll delve deeply into the identification, natural history, and first aid involved with each fascinating species covered. Not only will you increase your knowledge and safety with each species, you may also discover that you’ve made a few unconventional friends along the way - just give them a wide berth at times!
Fee: Member $20/Non-members $30
Classes: 1
CR#          DATES           DAY     TIME                  LOCATION
44392        10/29          Tu     10AM-12PM                LC-IRWD

Turtles and Tortoises of North America NEW!
North America is home to a diverse fauna of turtles, terrapins, and tortoises. This class explores the diversity of these iconic reptiles in the U.S. and Canada, with special emphasis on the species found in Arizona. Join us for a look at these ancient reptiles, everything from the 8-foot, 1,100 pound Leatherback Sea Turtle to the 4 inch Bog Turtle.
Instructor: Jeff Babson
Fee: Member $20/Non-members $30
Classes: 1
CR#          DATES           DAY     TIME                  LOCATION
44218        11/6           W     9-11AM                  LC-IRWD

Special Interest

AARP Smart Driver Course
This classroom refresher course is designed for drivers age 50 and older. It is a great first step to help drivers assess and enhance their driving skills. The course is taught in one four-hour session. It covers rules of the road, normal age-related physical changes that may impact our driving and tips to compensate for these changes. Bring your driver’s license to class and a cushion to sit on, if desired. MUST PRE-REGISTER FOR THIS CLASS.
REGISTRANTS WILL PAY INSTRUCTOR AT CLASS BY CASH OR CHECK. AARP MEMBERS $15, NON-MEMBERS $20.
Instructor: Wes Whitman
CR#          DATES           DAY     TIME                  LOCATION
42098        11/14          Th     9:30AM-1:30PM            LC-OCOT

Aging and Spirituality NEW!
We can’t escape the process of getting older. The aged possess what is called a reserve capacity - which refers to an individual’s potential for change and continued psychospiritual growth. This class will look at how we come to understand spirituality from childhood to the senior years; cognitive stages of spirituality; and, insights concerning spiritual gerontology. We will see that spirituality has great potential as a vital region of continued growth through adulthood, but especially in old age.
Instructor: Mark Meadows, Ph.D.
Fee: Member $20/Non-members $30
Classes: 1
CR#          DATES           DAY     TIME                  LOCATION
44256        10/8           Tu     1-2:30PM                 SRS-KINO

AngelSpeake® Workshop
This workshop, based on the book AngelSpeake® by Trudy Griswold and Barbara Mack, focuses on your relationship with your Angels and your spiritual path. The Angels want to speak to you even more than you want to speak to them. Contact your Angels in writing and have fun doing it. Learn the Four Fundamentals for accessing Angelic help, the Seven Steps to talking with your Angels and how they create miracles. There will be time for sharing any special Angelic encounters you may have had. Absolutely no writing experience is required to take this workshop! Please BRING notebook or journal and pen.
Instructor: Patricia Izzi, Certified AngelSpeake® facilitator
Fee: Member $50/Non-members $60
Classes: 1
CR#          DATES           DAY     TIME                  LOCATION
44237        10/9           W      2:30-4PM                 EC-GAME
42100        11/13          W      2:30-4PM                 EC-GAME
45212        12/11          W      2:30-3:30PM               ABN-REC
Calligraphy and Christmas NEW!  
*Intermediate Level.* Student must be proficient in at least one calligraphic alphabet. Learn new methods, materials and tools to construct holiday gifts and cards. Tricks for using a PC to set up print layouts and produce cards on your home printer. Creative addressing for your Christmas cards. $50 material fee payable to instructor. **SUPPLY LIST** provided at registration.

Instructor: Charlie Reppenhagen  
Fee: Member $60/Non-members $70  
**Classes: 4**  

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Civil Discourse - Mind Expansion  
This course involves discussion of current topics as they relate to past and present events. Prejudice, dogma and bigotry discouraged - informed civil discourse encouraged.

Instructor: Paul McCreary  
Fee: Member $35/Non-members $45  
**Classes: 3**  

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Dia de Los Muertos  
Join Zandra for an energetic presentation of the most conspicuous and iconic holiday of Mexico. Day of the dead, ‘Da de los Muertos’ is a very alive celebration that blends European and Mexican cultures. The presentation will give special attention to the music, introducing ‘La Bruja’ from Veracruz, ‘La Llorona’ from Oaxaca, and ‘La Calaca’ from Michoacán.

Instructor: Zandra Clarke  
Fee: Member $15/Non-members $25  
**Classes: 1**  

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Edward S. Curtis & the North American Indian  
Explore the extraordinary life and work of Edward S. Curtis, chronicler and photographer of the North American Indian. Class consists of discussion, videos, photographs and exploration of the many tribes Curtis brought to life.

Instructor: Paul McCreary  
Fee: Member $30/Non-members $40  
**Classes: 2**  

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Ethics Without the Sermon  
This three-week course will explore right, wrong, philosophy, ethics, logic, and more. We’ll look at conundrums, old and new, whose answering the question is just the beginning. This course is a quirky, intelligent ride that will leave you thinking.

Instructor: Mark Horton  
Fee: Member $45/Non-members $55  
**Classes: 3**  

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Drab to Glam: Makeup Techniques for Women 40+  
Have you noticed a few changes in your appearance over the past few years—how did that happen overnight? Would you like to look more radiant and feel more confident? Makeup routines we used in our 20s and 30s probably don’t work for us anymore, but what does? And how do we know what products will be the best for us? As we mature, there are tips and techniques we should all know. This class will offer a demonstration of makeup techniques and answer your questions. You will leave knowing the products and techniques that will help you be your best you. Material fee of $2 payable to instructor.

Instructor: Elise Marquam-Jahns  
Fee: Member $29/Non-members $39  
**Classes: 1**  

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How to Achieve Better Sleep  
Do you have trouble getting to sleep? Or staying asleep? Do you have restless nights or restless legs? Do you wake up and cannot get back to sleep? Millions of Americans are suffering with you. But, THERE IS HOPE! As a previous ‘lack of sleep’ sufferer I have learned dozens of ways to tame the ‘restless tiger’. Bring a note pad, an open mind and the willingness to try something you don’t need a prescription for.

Instructor: Patricia Izzi  
Fee: Member $65/Non-members $75  
**Classes: 4**  

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Respite and Self-Care For Caretakers NEW!
Are you a caretaker for a spouse, parent, or other loved one? Are you trying to be the best helper you can be? Has the weight of your heart's desire to be there for these loved ones become overwhelming? Do you need a break? Then join me in this class to learn easy and guiltless ways to take care of yourself while tending to others.
Instructor: Patricia Izzi
Fee: Member $50/Non-members $60       Classes: 3
CR#   DATES        DAY     TIME       LOCATION
44239 10/7-21       M      3:30-4:30PM   EC-GAME
45235 12/9-23       M      3:30-4:30PM   CP2-REC

The Benefits of Adversity NEW!
Nietzsche said, 'what doesn't kill me makes me stronger.' It has been posited that people need adversity, setbacks, and perhaps even trauma to reach the highest levels of strength, fulfillment, and personal development. Nietzsche's dictum can't be literally true, at least, not all of the time. We will review how humans cope with life's challenges and why some cope better than others. Are coping skills innate or can we learn these? We will even see how some have the ability to make sense of tragedy.
Instructor: Mark Meadows, Ph.D.
Fee: Member $20/Non-members $30       Classes: 1
CR#   DATES        DAY     TIME       LOCATION
44257 11/12         Tu      1-2:30PM     SRS-KINO

Toward a Science of Wisdom NEW!
What is wisdom? Being older makes you wiser? A college degree grants you wisdom? Perhaps having traveled the world makes you wise? Recent research indicates that wisdom includes positive traits related to the acquisition and use of information in the service of the good life. There are 5 character strengths which many scholars consider the bedrock of wisdom. In this two-session class, we will look at each and see how this multifaceted concept of wisdom is life-enhancing for both the individual and the common good.
Instructor: Mark Meadows, Ph.D.
Fee: Member $30/Non-members $40       Classes: 2
CR#   DATES       DAY     TIME       LOCATION
44258 12/10-17     Tu      1-2:30PM     SRS-KINO

Special Interest

Life After Life
Through discussion and video clips, learn about the variety of near-death experiences and the implications these experiences may have for our own day-to-day lives.
Instructor: Pat Ambrosic
Fee: Member $20/Non-members $30       Classes: 2
CR#   DATES        DAY     TIME       LOCATION
45236 11/5-12      Tu      1-2:30PM     EC-LNGE

Makeup Party: Learn & Practice Techniques
The right makeup and techniques can erase 5-20 years! BRING YOUR OWN MAKEUP, mirror, and brushes so you can learn the right techniques and practice them in class. You can also volunteer for an eye, eyebrow, or cheek in-class demonstration. So you can later reference what products to apply where, you'll receive a comprehensive handout and face chart. Leave looking great and knowing what products and techniques can help you look your glamorous best. $2 material fee payable to instructor.
Instructor: Elise Marquam-Jahns
Fee: Member $29/Non-members $39       Classes: 1
CR#   DATES        DAY     TIME       LOCATION
42128 10/2         W       1-3PM       LC-ACAC
42129 11/4         M       1-3PM       LC-ACAC
42130 12/18        W       1-3PM       LC-ACAC

Makeup Secrets for Beautiful Eyes Over 40
In addition to being the windows to our souls, our eyes are often one of the first places to reveal the wear and tear of years. In this class specifically for women 40+, you will learn how to make your eyes look more lifted, bigger, and brighter so you can feel more confident and beautiful. Fortunately, with the right types of products and makeup techniques, your eyes can once again become your best feature. Material fee of $2 payable to instructor at class.
Instructor: Elise Marquam-Jahns
Fee: Member $29/Non-members $39       Classes: 1
CR#   DATES        DAY     TIME       LOCATION
42133 10/7         M       1-3PM       LC-ACAC
42134 11/18        M       1-3PM       LC-ACAC
42135 12/2         M       1-3PM       LC-ACAC
TECHNOLOGY

Cut the Cord on Cable/Satellite TV Costs
I will show you how you may reduce or eliminate your costly cable TV/satellite services and still enjoy your local channels plus hundreds of movies, news, sports, TV shows, and music channels by using low cost streaming media devices such as Roku, Chromecast, and others with your TV and a simple indoor antenna. Learn how to easily hook up, set up, and begin enjoying this new medium of entertainment.
Instructor: Bob Ogus
Fee: Member $35/Non-members $45
Classes: 1
CR#      DATES      DAY    TIME     LOCATION
42111    11/5       Tu     1:15-4PM  SRS-KINO

Facebook 101: Facebook Basics NEW!
This course is designed to teach you the basics such as: creating a Facebook page, reviewing privacy settings, adding, removing, and replacing profile pictures, creating photo albums, posting editing, sharing, and deleting content, responding to friend requests and events, and creating events. Bring any questions you may have about posting, security, social media, etc.
Instructors: Fernando Rodriguez and Shawn Campbell
Fee: Member $30/Non-members $40
Classes: 1
CR#      DATES      DAY    TIME     LOCATION
44437    10/16      W      8-11AM   LC-JNPR
44438    11/19      Tu      8-11AM   LC-IRWD
44439    12/10      Tu      8-11AM   LC-JNPR

Trips & Tours

Classic Cooking in Scottsdale
Join us for this hands-on tour for all levels of cooking ability! The professional instructors at Classic Cooking will guide us in creating a 3-course meal while offering cooking tips we can use back at home. And of course, we will enjoy the meal on site at this lovely cooking school in North Scottsdale. Fee includes: roundtrip transportation, cooking class, lunch, bus refreshments, services of a tour director, and driver tip. Bus departs from the FAR end of the Desert Hills UPPER parking lot at 8:00am and returns at 5:00pm. Deadline to purchase and no refunds after 9/28/19.
Fee: Member $182, Guest $187, GP $192
CR#      DATES      DAY    TIME     LOCATION
45193    10/21      M      8AM-5PM  DH-PARK

Patagonia Fall Festival
31 years ago, the Town of Patagonia held its first fall festival to showcase extraordinary talent and artistry against the beautiful backdrop of their community, nestled at over 4,000 feet in the mountains of Southeast Arizona. The festival now attracts more than 15,000 visitors to Patagonia’s lovely tree-shaded park in the center of town over a festive weekend each October. The festival hosts top-of-the-line entertainment on each day of the event, representing a great mix of styles. The festival also features food and beverage vendors for every taste along with the offerings of Patagonia’s well-known eateries such as the Velvet Elvis, Gathering Grounds, Wild Horse, Mercedes, Ovens, and the Wagon Wheel Saloon. Tastings in the wine and beer garden are included with your tour. Fee includes: roundtrip transportation, beer and wine tastings, bus refreshments, services of a tour director, and driver tip. Bus departs from the FAR end of the Desert Hills UPPER parking lot at 10:00am and returns at 3:30pm. Deadline to purchase and no refunds after 9/28/19.
Fee: Member $94, Guest $99, GP $104
CR#      DATES      DAY    TIME     LOCATION
45192    10/12      Sa      10AM-3:30PM  DH-PARK

When registering for tours, please be sure to provide us with your email address, this is especially important with the overnight trips! We will contact you or send any additional information via email.
Trips & Tours

November

Glass and Galleries
Take a day to explore Tucson art, beginning downtown with a tour and glass-blowing demonstration at the Sonoran Glass School. Our art-inspired lunch will be at Café à la C’Art, located in the historic 1865 Stevens House. After lunch we visit another gem—the Mark Sublette Medicine Man Gallery. Once known only for antique and Native American art, it now houses the finest in Early American and Western paintings. The works of over 30 well-known contemporary artists and sculptors are represented. Works range from the ethereal realism of Peter Nisbet paintings to the cubist works of Ed Mell to the western sculpture and paintings. Contained within the gallery is a museum dedicated to works by renowned western artist Maynard Dixon. We will enjoy a presentation on Native American rugs and basketry. Our final stop is the Madaras Gallery, featuring the largest collection of Tucson art by Diana Madaras and 26 other guest artists. Madaras’ bold, colorful artwork recently earned her Tucson’s Best Visual Artist for the 9th time. This day is just a glimpse into the rich creative scene in Tucson, but is full of memorable, not-to-be-missed experiences. Fee includes: roundtrip transportation, admissions as described, lunch, bus refreshments, services of a tour director, and driver tip.

Bus departs from the FAR end of the Desert Hills UPPER parking lot at 9:00am and returns at 5:30pm. Deadline to purchase and no refunds after 11/11/19.

Fee: Member $112, Guest $117, GP $122

CR#              DATES       DAY     TIME     LOCATION
45196  11/25    M      9AM-5:30PM  DH-PARK

Superstition Mountains Jeep Tour and Mesa Market
This tour takes us to the Phoenix East Valley, near the Superstition Mountains, for some great experiences. First, we’ll take the Apache Trail Jeep Tour, starting at Goldfield Ghost Town and continue along the historic road, where some of the best scenery in central Arizona can be seen. Then we will enjoy lunch at Mammoth Steak House along with a little time for exploring Goldfield before heading to Mesa Market Place Swap Meet, a great place to shop 1,600 boutique merchants with an unbelievable range of merchandise. Close-toed shoes required for the jeep tour. Fee includes: roundtrip transportation, jeep tour, lunch, bus refreshments, services of a tour director, and driver tip. Bus departs from the FAR end of the Desert Hills UPPER parking lot at 9:00am and returns at 5:30pm. Deadline to purchase and no refunds after 11/11/19.

Fee: Member $122, Guest $127, GP $132

CR#              DATES       DAY     TIME     LOCATION
45199  12/10    M      8:30AM-6:30PM  DH-PARK

December

Twilight Dinner Cruise on Canyon Lake
This dinner boat cruise on Canyon Lake offers all the grandeur of a Dolly Steamboat cruise with the special, added ambiance of the twilight. Dine in style and complete relaxation during this magical time of day. Observe Canyon Lake wildlife, like bighorn sheep and bald eagles, as they settle in for the evening. A twilight dinner cruise aboard the Dolly is an experience you’ll never forget. You get to enjoy a ‘Mark Twain’ voyage while you relax and admire the breathtaking scenery, with a delicious meal. Fee includes: roundtrip transportation, cruise, dinner, bus refreshments, services of a tour director, and driver tip. Bus departs from the FAR end of the Desert Hills UPPER parking lot at 1:00pm and returns at 10:45pm. Deadline to purchase and no refunds after 10/28/19.

Fee: Member $159, Guest $164, GP $169

CR#              DATES       DAY     TIME     LOCATION
45195  11/11    M      1-10:45PM  DH-PARK

Desert Belle Cruise & River of Time Museum
Join us for a relaxing day in the busy holiday season! We will board the Desert Belle for a 90-minute narrated cruise on Saguaro Lake east of Phoenix. You’ll learn about the history, geology, geography, and plant life of the Sonoran Desert, and have a chance to see desert bighorn sheep, wild horses, bald eagles and more! Afterward, we will stop by the River of Time Museum in Fountain Hills to explore exhibits from the canal-building Hohokam to the explorers, miners and ranchers who all settled the beautiful lands around the Lower Verde River Valley. Fee includes: roundtrip transportation, admissions as described, lunch, bus refreshments, services of a tour director, and driver tip. Bus departs from the FAR end of the Desert Hills UPPER parking lot at 8:30am and returns at 6:30pm. Deadline to purchase and no refunds after 12/16/19.

Fee: Member $122, Guest $127, GP $132

CR#              DATES       DAY     TIME     LOCATION
45199  12/30    M      8:30AM-6:30PM  DH-PARK
Home for the Holidays at Barleen’s Opry
Join us for terrific music and food at Barleen’s Arizona Opry - a perfect holiday combination. For over 30 years, the Barleen family has fed and entertained folks in their 500-seat Apache Junction dinner theatre. We will enjoy a hearty, home cooked lunch (savory chicken and beef entrees) and then a Grand Ole Opry style show titled ‘Home for the Holidays.’ Some of your favorite holiday tunes will fill the theatre along with musical variety, side-splitting comedy, yodeling and just plain fun. Their entertainment will get you in the mood for the upcoming festive season! Come join us and enjoy a trip to the Arizona Opry! Fee includes: roundtrip transportation, show ticket, lunch, bus refreshments, services of a tour director, and driver tip. **Bus departs from the FAR end of the Desert Hills UPPER parking lot at 8:45am and returns at 6:45pm Deadline to purchase and no refunds after 12/4/19.**
Fee: Member $110, Guest $115, GP $120

OdySea Aquarium & Phoenix Desert Botanical Garden
On this tour we have two fantastic nature experiences in store for you! First, we visit the OdySea Aquarium, the largest aquarium in the Southwest. After free time for an independent lunch at your choice of the Talking Stick Resort restaurants, we will continue to the Desert Botanical Gardens to experience the vibrant tranquility of desert plants nestled amid the red rocks of the Sonoran Desert. Fee includes: roundtrip transportation, admissions as described, lunch, bus refreshments, services of a tour director, and driver tip. **Bus departs from the FAR end of the Desert Hills UPPER parking lot at 8:00am and returns at 7:30pm Deadline to purchase and no refunds after 11/26/19.**
Fee: Member $144, Guest $149, GP $154

GVR Lecture Series
Sponsored by:

This season’s lecture series is brought to you by SpotRx Pharmacy. All lectures are free and open to the public. Please look for more information in our weekly eBlast, our monthly GVR Now!, or you can find informational flyers posted on the GVR center bulletin boards.

**October**

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<td>10am Tucson Audubon Society</td>
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<td>10am Tucson Audubon Society</td>
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<td>10</td>
<td>Tu</td>
<td>DH</td>
<td>5:30pm Northwest Medical Center</td>
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<td>12</td>
<td>Th</td>
<td>DH</td>
<td>9:30am Green Valley Gardeners</td>
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When registering for a tour, please be sure to provide us with your email address, this is especially important with the overnight trips! We will contact you or send any additional information via email.

Register early! www.gvrec.org
Registration Procedures

Registration for classes may be done online, by mail, by phone, or by visiting one of GVR’S major centers. Early registration is encouraged. By registering early, we are able to give instructors an accurate count of students, and possibly avoid cancellations due to low enrollment. For your convenience, we accept cash, checks, and credit cards (Visa and Mastercard).

ON-LINE
Online registration begins at 8 am Monday, September 9. Please have your GVR number and PIN available to access your account online. Online registration is unavailable to tenants and non-members. Visit www.gvrec.org, hover over the Activities tab to display the options, then click Registration & Policies located under GVR Discover! Follow the instructions to access your account and register for classes. Please note there is a third-party fee (percentage of the total amount) for online transactions. A “Help Desk” is available online if you need further assistance. Classes that offer discounted fees for multiple registrations are not available for online registration.

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 registrations have been processed. Please fill out the form completely and include payment. Use separate registration forms for each person. Mail your registration and payment (no cash, please) to:

Green Valley Recreation, Inc.
Attn: Class Registrations
PO Box 586, Green Valley, AZ 85622

PHONE-IN
Registrations will be accepted over the phone beginning at 8 am Tuesday, September 10 at all major social centers. Please provide your name, GVR number, and the course number(s). We accept Visa and MasterCard credit cards only.

WALK-IN
Walk-in registration begins at 8 am Monday, September 9 at all major centers. Please bring your completed registration form, payment, and your GVR card. Cash, checks, and Visa and MasterCard are accepted.

These Customer Service offices are open weekdays from 8 am-4 pm. Members may purchase tickets, register for programs, or obtain guest or tenant cards at any of these offices. You can reach our centers by calling:
(520) 625-3440 or toll free at (844) 693-2116

Canoa Hills Center (CH)
(520) 625-6200
3660 S. Camino del Sol
Closed 11:30 am - 12:30 pm

East Center (EC)
(520) 625-4641
7 South Abrego Dr.
Closed 12:30 pm - 1:30 pm

Las Campanas Center (LC)
(520) 648-7669
565 W. Belltower Dr.
Closed 11:30 am - 12:30 pm

West Center (WC)
Box Office (520) 625-0288
1111 GVR Dr.
Open 8 am - 1 pm;
Weekends and holidays 10 am - 2 pm

Santa Rita Springs (SRS)
(520) 393-0360
921 W. Via Rio Fuerte
Open 8 am - 1 pm
Dec. - Apr.

Please do not send cash through the US Mail. If the class for which you registered by mail is full, you will automatically be placed on a waiting list and contacted when there is an opening. If no openings occur, your money will be refunded. Do not attend the class unless your registration is confirmed.
Register early! www.gvrec.org

Tour Refunds

Due to the necessity of the tour company to arrange ahead of time and pre-pay for bus accommodations, admission tickets, and meals, no refunds will be issued after the date stated on the reservation confirmation.

Withdrawals & Refunds

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, you will be notified as soon as possible and given the opportunity to register for another class or receive a full refund. If you registered online, the class fee and service fee both will be refunded.

Full refunds will be issued if registration is cancelled by the member five (5) business days prior to the class start date. Online convenience fees will not be refunded in the event the student withdraws from a class. 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, less the $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.

If you paid by cash or check, you will receive a refund check in the mail. If you paid with Visa or MasterCard, you will receive a credit on your card. Please allow up to fifteen (15) business days for your refund to be processed.

Non-Member Registrations

Everyone in the community is invited and welcome to register for classes offered by GVR! Our goal is to offer a wide range of leisure, social, and educational classes to encourage lifelong learning and allow you to expand knowledge, talents, and skills. To optimize your experience, we offer knowledgeable and friendly staff and instructors, state-of-the-art equipment, and classroom space conducive to learning.

• Non-GVR members may register for classes in person at Canoa Hills, East Center, Las Campanas, and West Center.

• The course fee is $10 higher for non-GVR members. Registration opens two weeks prior to the start date of the course, and early registration is suggested as classes fill up quickly. (Please note: Ceramics, Clay Studio, and Lapidary are reserved exclusively for GVR members.)

• You may receive “Class Pass” upon registration and must acknowledge in writing that you will abide by GVR policies while attending courses at our centers.

• Non-members may attend a course that allows drop-ins if there is space available.

Drop-in Policy

• Please check the course description to confirm the class allows drop-ins.

• Check with a CSR to confirm the class is active (not cancelled).

• Drop-in availability is determined by class enrollment: drop-ins are not accepted in a full class.

• Please check the course description for any dates that the class will not be held or dates the class may be moved to another facility.

• Payment will be made to instructor at the beginning of class by cash or check made payable to GVR. Check the course description for the drop-in fee.

• To ensure a seat in class, registration is recommended.
Please complete the entire form to avoid delays in the processing of your registration. Print all information clearly. Members are responsible for reading the class cancellation policy.

### PLEASE PRINT & COMPLETE ALL FIELDS

Name

__________________________

Address

(at time of registration)  __________________________ (zip code)

GVR # __________________  Phone # __________________________  Cell Phone # __________________

E-mail* ______________________________________________________________________________________

*By providing your e-mail address, you acknowledge that GVR may send you periodic news and information. GVR will not share, rent or sell your e-mail address with any other entity.

### CR# | Class Name | Location | Start Date | Fee

<table>
<thead>
<tr>
<th>CR#</th>
<th>Class Name</th>
<th>Location</th>
<th>Start Date</th>
<th>Fee</th>
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Do not complete credit card information if enrolling in person!

<table>
<thead>
<tr>
<th>VISA</th>
<th>MasterCard</th>
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<tbody>
<tr>
<td>Credit Card Number: ______________________</td>
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</tr>
<tr>
<td>CVC # (back of card): ____________________</td>
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<tr>
<td>Expiration Date: ________________________</td>
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<tr>
<td>Name on Card: __________________________</td>
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<tr>
<td>Signature: ______________________________</td>
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### OFFICE USE ONLY

Session: ______________________

Staff initials: ______________________

Date Processed: ______________________

Supply List: ______________________

• Please make checks or money orders payable to: Green Valley Recreation, Inc.
• Do not send cash in the mail.
• Mail registration form and payment to: Green Valley Recreation, Inc, P.O. Box 586, Green Valley, AZ 85622
• Photographs/video may be taken at any time throughout and within Green Valley Recreation. By attending and participating in GVR's classes/programs/events, you consent to photographing and using your image and likeness.
Gray Line Tours offers monthly departures to Rocky Point’s premier beach resort, the Hotel Peñasco Del Sol.

**Book Online:** GrayLineArizona.com  
**Green Valley:** 520-625-3440  
**Tucson:** 520-622-8811

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- Improves sleep  
- Regulates immune system  
- Aids digestive system  
- Supports hormones

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- Calms inflammation  
- Improves focus  
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- Stabilizes blood pressure

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-Pam, OH

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Tierra Antigua Realty
Green Valley Office

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For More Information: 520-648-8131

La Posada is an award-winning, nationally accredited not-for-profit continuing care community.