Green Valley Recreation Fall Course Catalog
The Leader in providing recreation, education and social activities!

October - December 2012

www.gvrec.org

Over 40 New Classes offered this fall!

Registration begins Monday, September 10

Dream! Discover! Play!
Our Mission: "To provide recreational, social and leisure education opportunities that enhance the quality of our members' lives."
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<td>Watercolor ... Wet ‘n Wild!</td>
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New Classes This Fall!

Basic Loom Techniques
Basic Loom Bracelet
Intermediate Loom Bracelet
Basic Peyote Bracelet with Hex Beads
Kuminimo Bracelet Accented with Beads
Christmas Bulb Painting
Polymer Clay - Necklace and Earring Set
Wild Women
Bridge Conventions
Advanced Euchre
Five Easy Pieces: Dynamic Totems
Hand Building an Animal Cup or Sculpture
Making a Relief Sculpture Box
Putting it All Together
Throwing: Making Bigger Pots from Little Ones
Using Coils as Decoration While Building
Champagne Meal on a Beer Budget
Holiday Microwave
Party Starters
Holiday Baking with Desert Plant Products
Vietnamese Cooking - Egg Rolls
Postural Fitness
Massage for Couples
Flow Home with Yoga
Zumba® Gold Toning
Elements of a Good Story
Scripting with Design
French IV
French Women Studies I
Casa del estudiante
Drum for Fun!
Acrylic Innovation
Cartoon and Art as Story
Perspective ... How to Draw the World
Shakespeare: Poetry and Romance
Communication for Couples
Ducks and Geese of Southern Arizona
Ecology of the Sky Islands
Thorns, Stingers and Fangs - Welcome to Arizona
Create a Backyard Wildlife Oasis
Google's Picasa
Major Social Center
Office Hours

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

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

The following major social center offices are closed for the summer and will reopen on Monday, October 15, 2012. Office hours are from 8am to 1pm. Members may purchase tickets, register for programs, or obtain guest or tenant cards at any of these offices.

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

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

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

Facility Abbreviations

<table>
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<th>Facility Abbreviation</th>
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<tr>
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<td>Abrego South</td>
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<td>CP1</td>
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<td>CP2</td>
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<td>Continental Vista</td>
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Looking for something new?

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

GVR Now Offers FOUR Convenient Ways to Register!

On-Line
Online registration will begin at 8am on Monday, September 10th. Remember, you must have your GVR number and PIN available in order to access your account online. Below are some basic steps to help you with the process:
1. Visit us at www.gvrec.org, and click the “Online Registration” tab at the top right of the screen
2. Once inside the system, simply follow the instructions to access your account and register for classes.
3. GVR uses a third party to handle transactions, and members will be charged a "convenience fee" for this service. The fee is a percentage of the total. There is a “Help Desk” available online should you need further assistance. Classes that offer discounted fees for multiple registrations are not available for online registrations.

Walk-In
Walk-in registration begins at 8am on Monday, September 10th at all open major social centers. Please bring your completed registration form (along with payment) and your GVR card.

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

Phone-In
Registrations will be accepted over the phone beginning at 8am on Tuesday, September 11th at all open Major Social Center offices. Please provide your name, GVR number and the course number(s) you are interested in. We accept Visa and MasterCard credit and debit cards.

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

Class Withdrawal and Refund Procedures

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

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

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

### Basic Loom Techniques
Learn how to load and unload the loom using different thread counts and how to attach your needled thread to the loom. You will start a base bead weave and basic loop pattern. Other tips and loom knowledge will be presented. This class is needed for Intermediate and Advanced loom classes if you have no prior knowledge working on a loom. **SUPPLY LIST** given at registration. Material fee of $20 paid to instructor at class. Bring a lunch and beverage.

**Instructor:** Jackie Knight  
**Fee:** Member $35/Non-member $45  
**Classes:** 1  
**CR#** | **DATES** | **DAY** | **TIME** | **LOCATION**  
--- | --- | --- | --- | ---  
26327 | 10/20 | Sa | 10:30AM-2:30PM | LC-CTWD  
26328 | 11/8 | Th | 10:30AM-2:30PM | CPI-REC

### Basic Loom Bracelet
This first loom bracelet will be multicolored with a variety of beads in each loop. You need to have loom experience or have taken Basic Loom Techniques class. This pattern is a regimented variation that gives a beautiful full look to your bracelet! Closure is provided. **SUPPLY LIST** given at registration. Call instructor at 780-6733 for e-mail photo. Material fee of $23 paid to instructor at class. Bring a lunch and beverage.

**Instructor:** Jackie Knight  
**Fee:** Member $35/Non-member $45  
**Classes:** 1  
**CR#** | **DATES** | **DAY** | **TIME** | **LOCATION**  
--- | --- | --- | --- | ---  
26332 | 11/17 | Sa | 10:30AM-2:30PM | LC-CTWD

### Intermediate Loom Bracelet
This is the second Loom class. You need to have loom experience or have taken Basic Loom Techniques class. You will learn a different style of loom work that incorporates traveling stitch work. A variety of colors and beads will be used including crystals. A closure is included. This project may require minimal finishing work at home. Call instructor at 780-6733 for e-mail photo. **SUPPLY LIST** given at registration. Call instructor at 780-6733 for e-mail photo. Material fee of $25 paid to instructor at class. Bring a lunch and beverage.

**Instructor:** Jackie Knight  
**Fee:** Member $35/Non-member $45  
**Classes:** 1  
**CR#** | **DATES** | **DAY** | **TIME** | **LOCATION**  
--- | --- | --- | --- | ---  
26334 | 12/15 | Sa | 10:30AM-2:30PM | LC-ACAC

### Techniques in Bead Weaving
This is a beginning workshop for new Bead Weavers. Students learn basic peyote stitch and how to attach a button/toggle closure. Thread choices, adding and knotting thread, bead types and numerous other tips will be discussed. This is a prerequisite for future weaving classes. Future beading classes will require Fire Line Beading Thread. Most materials supplied, material fee of $20 paid to instructor at class. **SUPPLY LIST** given at registration.  
**Instructor:** Jackie Knight  
**Fee:** Member $30/Non-member $40  
**Classes:** 1  
**CR#** | **DATES** | **DAY** | **TIME** | **LOCATION**  
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26325 | 10/6 | Sa | 12-4PM | LC-CTWD  
26326 | 12/6 | Th | 10:30AM-2:30PM | CPI-REC

### Basic Peyote Bracelet with Hex Beads
Simple peyote weave bracelet, with Picot finish. Hex Beads will be used for this bracelet. This project may require minimal finishing work at home. Need to have peyote knowledge or have taken Bead Weaving Techniques class. Call instructor at 780-6733 for e-mail photo. **SUPPLY LIST** given at registration. Material fee of $23 paid to instructor at class. Bring a lunch and beverage.

**Instructor:** Jackie Knight  
**Fee:** Member $35/Non-member $45  
**Classes:** 1  
**CR#** | **DATES** | **DAY** | **TIME** | **LOCATION**  
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26329 | 10/25 | Th | 10:30AM-2:30PM | CPI-REC

### Spiral Weave Bracelet
The Spiral stitch is a great way to learn how to use beads of different shapes, sizes and colors to create a whimsical bracelet! You will learn which beads are good for core beads along with choosing beads that fit together for spiraling. Closure included. This project may require minimal finishing work at home. Call instructor at 780-6733 for e-mail photo. Prerequisite: Techniques in Bead Weaving or peyote experience. Material fee of $23 paid to instructor at class includes all materials except Fireline Beading Thread. **SUPPLY LIST** given at registration. Bring a lunch and beverage.

**Instructor:** Jackie Knight  
**Fee:** Member $35/Non-member $45  
**Classes:** 1  
**CR#** | **DATES** | **DAY** | **TIME** | **LOCATION**  
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26331 | 11/10 | Sa | 10:30AM-2:30PM | CPI-REC

"Class was creative and stimulating"
**Segmented Peyote Weave Bracelet**
This project incorporates four different stitches and beads within the bracelet. A picot trim finishes off this bracelet. Closure included. You need to have bead weaving experience, or have taken the Basic Techniques class. This project may require minimal finishing work at home.

**SUPPLY LIST** given at registration. Call instructor at 780-6733 for e-mail photo. Material fee of $25 paid to instructor at class. Bring a lunch and beverage.

Instructor: Jackie Knight

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**Kumihimo Bracelet Accented with Beads**
Mix a variety of fibers and accent with beads to create a Kumihimo braid with a casual look. Learn finishing techniques as you complete this bracelet project in class. Call instructor at 625-5817 for e-mail photo. **Important:** Prerequisite for this class is basic Kumihimo experience. All materials are provided for a $25 material fee payable to instructor at beginning of class. **SUPPLY LIST** of tools given at registration.

Instructor: Annelle Fletcher

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**Freeform Beaded Wire Pendant**
Create a wire frame in class then embellish with beads and craft a bail to complete. Pendant will be completed in class and is ready to wear on a beaded necklace, Kumihimo braid or chain. Call instructor at 625-5817 for e-mail photo. No experience necessary. All materials are provided for a $20 material fee payable to instructor at beginning of class. **SUPPLY LIST** of tools given at registration.

Instructor: Annelle Fletcher

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**Kumihimo Bracelet Covered with Beads**
Take your Kumihimo to another level by braiding with beads to completely cover the cord. Learn finishing techniques as you complete this bracelet project in class. Call instructor at 625-5817 for e-mail photo. **Important:** Prerequisite for this class is basic Kumihimo experience. All materials are provided for a $30 material fee payable to instructor at beginning of class. **SUPPLY LIST** of tools given at registration.

Instructor: Annelle Fletcher

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**Captured Multi-strand Bead Necklace**
String a multi-strand necklace using seed beads that are captured in focal beads to create a unique look. Complete project in class by learning finishing technique using cones and wire wrap. Call instructor at 625-5817 for e-mail photo. Basic beading and wire wrap experience is helpful but not required. All materials are provided for a $30 material fee payable to instructor at beginning of class. **SUPPLY LIST** of tools given at registration.

Instructor: Annelle Fletcher

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**Bezeled Cabochon with Bead Ruffle**
Surround a stone cabochon with a beaded ruffle bezel using needle and thread. Learn several bead embroidery stitches, embellishment and finishing techniques in class. Project should be completed in class, however minimal finishing work may be required on your own. Call instructor at 625-5817 for e-mail photo. No experience necessary. All materials are provided for a $25 material fee payable to instructor at beginning of class. **SUPPLY LIST** of tools given at registration.

Instructor: Annelle Fletcher

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

Instructor: Shannon Haggerty

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Wire Working with Beads
This is the second class in the bead series. Learn the art of wire wrapping with beads to create earrings, necklaces, bracelets and anklets. Create your own clasps, Rosaries, eye glass chains and much more (this is not a stone-wrapping class). We recommend taking the Beadworking Classes in sequence. Creative Bead Workshop follows this class. Bring a lunch or snack, shoe box lid and note pad. Call instructor PRIOR TO CLASS for more information and a SUPPLY LIST at 323-7978.
Instructor: Shannon Haggerty
Fee: Member $40/Non-member $50

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Creative Bead Workshop
This is the third class in the series. In this class, you can use the knowledge you gained in the basic and wire wrapping courses to work on and complete your more difficult projects with instructor assistance. Call instructor PRIOR TO CLASS for more information and a SUPPLY LIST at 323-7978. Bring a lunch or snack. Supply list depends on desired projects. It is recommended, but not a prerequisite, to take the Beadworking Classes in sequence.
Instructor: Shannon Haggerty
Fee: Member $40/Non-member $50

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Fun Chimes
Learn to shape and bend copper and colored wire into creative forms, adding glass beads and a bell to create a unique hanging Fun Chime that won’t annoy your neighbor. You will learn to use wire bending pliers and jigs to create basic bead wrapped copper wire as well as Celtic knots and spirals and marble cages to embellish your creation. No prior beading or wire wrapping experience necessary. This is not a jewelry wire wrapping class. If you have questions about required pliers, please call the instructor at 399-9133.
SUPPLY LIST given at registration. Material fee of $20 collected first day of class for all wire, beads and bell.
Instructor: Linda Touzeau
Fee: Member $30/Non-member $40

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It’s Just Paint: Classic - Tuscan - Metallics
In just one session, learn a fast and easy method to enhance your Tuscan/Old World or Shabby Chic decor. Your neighbors will think you spent thousands. Our secret will be that a special roller created this look. This same roller does a stone-like look such as marble, travertine or granite - and it’s just paint! Discover the secret to having walls look "aged" and how to make faux tile. Take home samples of each look. Visit twistonwalls.com and justonceclasses.com. Course fee discounted if taking two Faux classes same day. A $29 required kit includes a custom roller, split tray pan and DVD. If you have attended before, bring your old kit. Bring a paint shirt. This course unavailable for online registration.
Instructor: Linda Coffman
Fee: Member $30/$25/Non-member $10 more

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It’s Just Paint: Suede - Rustic - Modern
Want to achieve a soft blend of colors on your wall? There is an easier, faster way than ragging or sponging by using a special wool roller and glaze. Come and learn from a professional faux painter, who shows beginners "ulcer-free" ways to having an office look like leather, how to have Western or Southwestern walls, contemporary and children's rooms. Learn how "dry brushing" can change "ordinary" to "rustic." Bring a paint shirt. Warning: your neighbors may ask you to do their walls! Course fee discounted if taking two Faux classes same day. A required materials fee of $29 will be collected in class for the painting kit (including a DVD). If you attended the Classic-Tuscan-Metallics class, you still need this kit as it has a different roller and DVD. This course unavailable for online registration.
Instructor: Linda Coffman
Fee: Member $30/$25/Non-member $10 more

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Ceramic Fun!
Paint a Ceramic project! No muss, no fuss! Just choose a bisque, ready to paint project and have fun! Material fee, paid to instructor, ranges between $10 and $20 depending upon the project you choose and includes everything you need to complete the project in this fun, three hour class. Lots of cute projects to choose from, but if you have something special in mind it can be ordered if you call (647-1659) at least 3 weeks before class.
Instructor: Marie Stickford
Fee: Member $37/Non-member $47

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**Christmas Bulb Painting**

Hand-paint Christmas Bulbs! In just one four-hour class, have fun and create a wonderful keepsake gift (or keep for yourself), a set of four beautiful hand painted Christmas Bulbs. Easy method makes painting a Holiday design on each a joy. Many design choices such as snowmen, holly, Xmas trees, birds, scenes and more, plus tricks for personalization if you wish. Material fee of $20 includes everything you need including a box of four Christmas Bulbs.

Instructor: Marie Stickford

Fee: Member $37/Non-member $47  Classes: 1

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**Secrets of Painting on Glass**

There are little secrets to painting on glass that make it fun and easy. Learn the different types of paints, brushes, easy brush strokes, how to make it permanent, tricks to personalizing and more. It will open up a whole new hobby for you! Many glass pieces to choose from: serving plates, mugs, vases, sugar bowls, doggie treat jars and more. Material fee of $20, paid to instructor at first session, includes everything you will need, including the glassware.

Instructor: Marie Stickford

Fee: Member $37/Non-member $47  Classes: 2

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**Secrets of Wine Glass Painting**

Create your own lovely set of hand painted wine glasses! In just two fun sessions you will paint two glasses, learn about glass paints, baking the glasses, brush strokes and how to continue on your own with a fun, new hobby. The wine glasses make great gifts for weddings/anniversaries or are fun for personal use. Material fee of $20, to be paid to instructor at first session, includes everything you need including your choice of two wine glasses.

Instructor: Marie Stickford

Fee: Member $37/Non-member $47  Classes: 2

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**Desert Magic T-Shirts**

Take a black T-shirt, make a stencil, add a bleach solution and produce a one of a kind "Magic" T-shirt. Learn how to make shirts for yourself or gifts for all ages and genders using a discharge dye process. This is truly a sensational project. This is a class for anyone, and has no prerequisite. Materials to bring: A black cotton T-shirt (at least 95% cotton), an apron or old clothes for protection, and rubber gloves if you are sensitive to bleach. Material fee of $3 paid to instructor at class.

Instructor: Susanne Phillips

Fee: Member $28/Non-member $38  Classes: 1

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**Polymer Clay - Introduction**

Polymer clay is an exciting hobby that allows you to explore your artistic talents in an easy medium at home. Learn how to work with polymer clay, the different types (Fimo, Sculpy, Kato and Premo), the tools available and how to use them, how to mix colors, make a Skinner blend, jellyroll, bullet cane, milefori canes and to roll different sizes and shapes of beads. Learn how to make your own beads and embellishments for jewelry, gourd decoration, and home decoration. All baking of beads will be done by class participants at home. Material fee $25 for clay and supplies paid to instructor at class.

**SUPPLY LIST** of basic tools given at registration (Basic tools kits available for $20 if ordered from instructor at least 1 week prior to class.)

Bring a sack lunch and beverage.

Instructor: Susanne Phillips

Fee: Member $45/Non-member $55  Classes: 2

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**Polymer Clay - Necklace and Earring Set**

Polymer clay is an exciting hobby that allows you to explore your artistic talents in an easy medium at home. Make an embossed necklace and earrings with a metallic look. This is a one day project, all tools will be supplied. Material fee of $10 for clay and powders paid to instructor at class. There is no prerequisite for this class. All baking of clay will be done by class participants at home.

Instructor: Susanne Phillips

Fee: Member $20/Non-member $30  Classes: 1

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Wild Women
This is an exciting new class to explore your artistic side (even if you didn’t know you had one), let loose and create. We will make 3 Wild Women using 3 different techniques; one will be a pin. You will learn how to make faces from different mediums. You decide how to decorate and finish each of them using fabric, fibers, beads, etc. No sewing is required. This is a class for anyone, and has no prerequisite. All tools and supplies will be provided at a cost of $20.
Instructor: Susanne Phillips
Fee: Member $45/Non-member $55  Classes: 2
CR#  DATES  DAY  TIME  LOCATION
26616  10/29-11/5  M  9AM-12PM  CPI-REC
26617  12/5-12  W  9AM-12PM  CPI-REC

Cards & Games

Beginning Bridge
Learn the basics of playing bridge. This is a class for new players and those coming back to bridge who want to learn modern methods. Each class will have a lesson and related play of hand. $8 for book paid to instructor at first class.
Instructor: Bill Hackbarth
Fee: Member $65/Non-member $75  Classes: 6
CR#  DATES  DAY  TIME  LOCATION
25992  10/30-12/4  Tu  9:30AM-12PM  LC-CTWD

Bridge Conventions
New minor forcing - support doubles - negative doubles - slam conventions and play of the hand. NOT for beginners! No class 11/21.
Instructor: Bill Hackbarth
Fee: Member $65/Non-member $75  Classes: 5
CR#  DATES  DAY  TIME  LOCATION
25993  10/31-12/5  W  9:30AM-12PM  LC-CTWD

Mah Jongg for Beginners - National
This is an introductory course to the popular game of Mah Jongg. A 2012 National Mah Jongg League card is needed and will be available from the instructor at a cost of $7 during the first class meeting. Beginners should plan to attend the first two sessions to learn the basics of playing National (American) Mah Jongg. Last class is on Tuesday 12/11.
Instructor: Jane Andrews Hedden
Fee: Member $60/Non-member $70  Classes: 6
CR#  DATES  DAY  TIME  LOCATION
26061  11/26-12/11  M,Th  9-11:30AM  EC-GAME

Beginning Wright-Patterson Mah Jongg
Learn a game for years of enjoyment with new friends. First class we will discuss the Mah Jongg set, basic terminology and Wright-Patterson specific terminology, plus game preparation rules and practice. The remaining classes will include a short review, additional terminology and rules, plus increasingly advanced play. The small class size and personalized assistance provide a non-threatening learning experience. First class, bring $5 cash (no checks) for required current Rules Book, $5 cash for optional current Visual Aid Book.
Instructor: Lois Wilhelm
Fee: Member $60/Non-member $70  Classes: 6
CR#  DATES  DAY  TIME  LOCATION
26545  10/11-11/15  Th  9AM-12PM  EC-GAME

Euchre - Beginning to Intermediate
Euchre is one of the best strategic card games. Only 5 cards are used per player but the possible combinations of plays are infinite. Once Euchre is learned, it is a wonderful pastime.
Instructor: Paul McCreary
Fee: Member $35/Non-member $45  Classes: 2
CR#  DATES  DAY  TIME  LOCATION
26680  10/23-30  Tu  1-3PM  LC-ACAC

Advanced Euchre
Many believe Euchre is a simple game - there are only 5 cards right? It can be simple, or infinitely complex, with thousands of combinations and possibilities. Euchre theory with questions, answers and practice will take place and games played. Not a beginning class - a good working knowledge of the game is preferred - for those who consider themselves better than average to world class.
Instructor: Paul McCreary
Fee: Member $35/Non-member $45  Classes: 2
CR#  DATES  DAY  TIME  LOCATION
26681  11/6-13  Tu  1-3PM  EC-GAME

Roulette - Overcome the Odds
The instructor explains the whys and wherefores of a roulette system that proves to work about 80% of the time. The math and logic are explained, then the students practice for the rest of the time.
Instructor: Paul McCreary
Fee: Member $35/Non-member $45  Classes: 2
CR#  DATES  DAY  TIME  LOCATION
26679  10/23-30  Tu  10AM-12PM  EC-GAME
Basic Texas Hold ‘Em
Learn relative strengths of hands, betting, folding, tournament structure and more. The class is for beginning and intermediate players. It will give you a chance at a game that cannot be truly mastered.
Instructor: Paul McCreary
Fee: Member $30/Non-member $40
Classes: 3
CR# DATES DAY TIME LOCATION
26683 11/27-12/11 Tu 1-3PM LC-ACAC

Chess - Learn How to Play
No prior knowledge of chess is necessary for this beginning class. Chess combines relaxation with true intellectual exercise. For the many who try to learn on their own but often fail, this class will provide a way to learn the game that will avoid discouragement and spending unnecessary time and effort with poor results. Try it - you’ll like it!
Supplies required: a chess set and board which will be discussed at first class. Men and women welcome. No class 11/21.
Instructor: Jimmie Howard Clark
Fee: Member $35/Non-member $45
Classes: 9
CR# DATES DAY TIME LOCATION
26054 10/10-12/12 W 6-8PM EC-GAME

Chess for Intermediate Level Players
A playing knowledge of Chess or completion of the Beginning Chess class is required for this class. Intermediate students often wonder which pieces to move in the opening or middle game, having little knowledge of chess fundamentals. Most chess books discuss what to learn but say little about the method of learning. Visualizing the entire board is essential. A chess player can progress only by coordinating study with practice. This course is designed to take you past the elementary stage in chess by teaching you basic strategic and tactical fundamentals. Supplies required: a Staunton design chess set and board. Men and women welcome.
Instructor: Jimmie Howard Clark
Fee: Member $40/Non-member $50
Classes: 10
CR# DATES DAY TIME LOCATION
26056 10/4-12/10 Th 6-8PM EC-GAME

Chess Tactics for the Advanced
This course is for players with a good understanding of Chess or who have completed the Chess for Intermediate Level Player class and are striving to improve and reach a higher level. Learning middle game tactical techniques, including combinations, is an efficient way to rapidly improve your chess play. The method used will present certain fundamental challenges to the student. We will then repeatedly combine new ideas with familiar ones, thereby broadening the student’s knowledge while simultaneously reinforcing previous knowledge. Men and women welcome. Supplies required: a Staunton design chess set and board. No class 11/22.
Instructor: Jimmie Howard Clark
Fee: Member $45/Non-member $55
Classes: 10
CR# DATES DAY TIME LOCATION
26056 10/4-12/10 Th 6-8PM EC-GAME

Do Sudoku
How to start Sudoku, if you can’t get a "live one," go for a "corner job!" Instructor teaches "easy" and "medium" levels. Everyone will go at different speeds, but we will start together with "easy." Work Sudoku every day! SUPPLY LIST given at registration.
Instructor: Paula Bowman
Fee: Member $40/Non-member $50
Classes: 4
CR# DATES DAY TIME LOCATION
26707 11/26-12/17 M 10-11AM CPI-REC

Ceramics
Ceramics, Beginning
This course is a prerequisite for joining the Ceramics Club. Students will learn how to prepare Greenware, bisque, apply undercoats and glazes, and other techniques. Students will complete 3 projects, included in the materials fee, to take home. Materials fee of $30 is payable to the Ceramics Club of GVR and is due on the first day of class. Students must be able to attend all 6 classes. Bring apron to protect clothing.
Instructors: Karen Brumm and Lisa Crossley
Fee: Member $40/Non-member NA
Classes: 6
CR# DATES DAY TIME LOCATION
26307 10/10-11/14 W 8:30-11:30AM DH-CER

Photo courtesy of Richard Shimaner
Clay & Sculpture

Introduction to the Clay Studio
This class is required for Clay Studio membership. Upon successful completion of all four classes, studio membership will be available to you. You will learn the properties of clay and create several projects - from raw clay to a finished glazed item. The amazing world of hand building, wheel throwing and sculpture with clay will be opened to you. Proper use of studio equipment and safety issues will also be taught. Be prepared for an energetic and fun filled experience. The $10 supply and firing fee is to be paid to the instructor the first day of class. Tools and clay are provided for use during the class periods. Bring an apron or wear old clothing. For December session, last class is Th, 12/20.

Fee: Member $35/Non-member NA    Classes: 4
CR#  DATES   DAY  TIME   LOCATION
26462  10/1-22 M  12-4PM  SRS-HAND
Instructor: Jane M. Ercolani
26463  11/5-26 M  12-4PM  SRS-HAND
Instructor: Patti Robson
26464  12/3-20 M,Th  12-4PM  SRS-HAND
Instructor: Russ Nichols

Hand Building for Beginners
So you finished the Introduction to the Clay Studio class and want to learn more? This class is for you! Learn the necessary skills in hand building, working with slabs, coils and molds. This class teaches many different techniques while making fun projects which include a lizard, leaf bowl, coil vase, 3-D animal, sun face, box and a tumbler. All pieces will be glazed. You will need to spend additional time outside of class on projects. Only studio members may work outside of class time in studio. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies: Specified clay (see monitor), small covered container for slip, spiral notebook, ruler and clay tools. All clay must be purchased at the Clay Studio. No class 11/22.
Instructor: Dorrie Roman
Fee: Member $60/Non-member NA    Classes: 4
CR#  DATES   DAY  TIME   LOCATION
26449  11/1-29 Th  8:30AM-12PM  SRS-HAND

"Exceptional well planned and executed program"

Five Easy Pieces: Dynamic Totems
Learn how to make the five basic forms (cube, sphere, cone, pyramid and cylinder). Once you know how to make these you can combine them to make almost anything. Finish up by putting them together into a balanced totem or a vessel like a teapot or abstract animal. Class structure will evolve to meet the needs of the individual students. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies: Soldate or any other strong clay recommended. All clay must be purchased at the Clay Studio.
Instructor: Gary Benna
Fee: Member $45/Non-member NA    Classes: 3
CR#  DATES   DAY  TIME   LOCATION
26492  12/4-18 Tu  8AM-12PM  SRS-SCPT

Hand Building an Animal Cup or Sculpture
Beginning with a simple cylinder, Gary will guide you through the process of creating a realistic, whimsical, cartoonish or somewhat abstracted animal of your choice. You will learn how to shape the clay by stretching, squeezing, adding, and cutting away clay from the basic form. Gary has taught elementary through high school beginners with great success. Please bring to class a toy or model of your animal that you would like to make. Class structure will evolve to meet the needs of the individual students. Prerequisite: Intro to Clay Studio or equivalent clay experience. Supplies: Soldate or any other strong clay recommended. All clay must be purchased at the Clay Studio.
Instructor: Gary Benna
Fee: Member $45/ Non-member NA    Classes: 4
CR#  DATES   DAY  TIME   LOCATION
26489  10/9-30 Tu  9AM-12PM  SRS-HAND

Making a Relief Sculpture Box
Learn how to transform an image into a relief sculpture that will serve as the front of a clay box. Recognize levels of depth and use a simple technique to translate it into a relief base. Then by adding clay and carving, complete the process of making a realistic sculpture. This will then become the front of a box with a lid and decorated sides and handles. Finish it up with a saying on the back. Class structure will evolve to meet the needs of the individual students. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies: Soldate or any other strong clay recommended. All clay must be purchased at the Clay Studio.
Instructor: Gary Benna
Fee: Member $45/Non-member NA    Classes: 4
CR#  DATES   DAY  TIME   LOCATION
26493  10/9-30 Tu  12:30-3:30PM  SRS-HAND
Putting It All Together

Start by making a large vessel by adding slabs together. Then change the form by adding in slab shapes or cutting them away. Continue by adding handles made using a mold of your own creation and finish up by adding a relief sculpture. Or, combine your vessel with a multifaceted box and cut it open to make a hinged door that reveals a sculptured interior. Have something you want to make but don’t know how? Join us and we’ll figure it out together. Class structure will evolve to meet the needs of the individual students. Prerequisite: Introduction to Clay Studio or equivalent clay experience. Supplies: Soldate or any other strong clay recommended. All clay must be purchased at the Clay Studio.

Instructor: Gary Benna
Fee: Member $45/Non-member NA
Class: 4
CR# DATES DAY TIME LOCATION
26491 11/6-27 Tu 1-3PM SRS-SCPT

Sculpture - Beginning to Classic

Sculptural studies of the human face or figure, animals or abstracts, in the round or relief. Emphasis is on anatomy, proportions, originality and art principals. Books, charts and videos are studied. Purchase choice of clay first day of class. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies: basic sculpture tools, Los Altos clay, oil clay or wax; the latter two must be cast at a bronze foundry. Los Altos Clay (which must be purchased at the Clay Studio) is hollowed out, dried and kiln fired at our studio.

Instructor: Marie Hartman
Fee: Member $60/Non-member NA
Classes: 4
CR# DATES DAY TIME LOCATION
26444 10/3-24 W 8:30AM-12PM SRS-SCPT
26445 11/7-28 W 8:30AM-12PM SRS-SCPT
26446 12/5-26 W 8:30AM-12PM SRS-SCPT

Throwing: Making Bigger Pots from Little Ones

Have you wished you could throw a big vessel on the wheel? Well, now you can by throwing two or more smaller cylinders and joining them together. Also learn how to add large coils to a pot’s rim and pull it up to make bigger forms, as well as learning double-walled vessels and throwing off the hump. Try them all or concentrate on just one. Class structure will evolve to meet the needs of the individual students. Prerequisite: Intermediate to advanced wheel experience. Supplies: Soldate or any other strong clay recommended. All clay must be purchased at the Clay Studio.

Instructor: Gary Benna
Fee: Member $45/Non-member NA
Class: 4
CR# DATES DAY TIME LOCATION
26490 11/6-27 Tu 9AM-12PM SRS-WHL

Using Coils as Decoration While Building

Starting with a pinch pot base, we will use coils to build a vessel. But instead of smoothing them out, we will leave the outside untouched so they become the exterior decoration. Use them vertically, horizontally and diagonally. Wrap them up into spirals, twist them together, and even weave them together, all to create a beautifully decorated pot. Class structure will evolve to meet the needs of the individual students. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies: Soldate or any other strong clay recommended. All clay must be purchased at the Clay Studio.

Instructor: Gary Benna
Fee: Member $45/Non-member NA
Class: 3
CR# DATES DAY TIME LOCATION
26495 12/4-18 Tu 12:30-4PM SRS-HAND

Wheel 101

This class is an introduction or reintroduction to the fundamental techniques necessary to center a piece of clay and create basic forms on the potter’s wheel. After you are comfortable with forming a cylinder, we will explore several fun projects, such as: bowls, a wide-bottom pot and plates. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies needed: Soldate 60 clay, cutoff wire, wood and rubber rib, needle tool, small sponge and a wood modeling tool. Supplies can be purchased at the Clay Studio. All clay must be purchased at the Clay Studio. No class 11/22. For December session, last class is Wed, 12/26.

Instructor: Kent Amerman
Fee: Member $65/Non-member NA
Classes: 4
CR# DATES DAY TIME LOCATION
26451 11/1-29 Th 12-4PM SRS-WHL

Instructor: Nancy Child
26452 12/4-26 Tu,W 9AM-1PM SRS-WHL
Wheel 102
This is a continuation of Wheel 101 or maybe you want to refresh your memory after being away from the wheel for a while. We will still constantly stress good basic techniques for centering and pulling a cylinder as students find their individual comfort zone. We will move on at a comfortable pace to discover techniques that will allow us to form interesting and useful ceramic forms, such as: wide-bottom jug, small and large bowls, plate and platter, skinny-neck bottle, one and two piece chip dip platter, mugs and jugs with handle and a container with lid and trimming.
Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies needed: Soldate 60 or B-mix with grog clay and basic wheel tools. Supplies can be purchased at the Clay Studio. All clay must be purchased at the Clay Studio.
Instructor: Kent Amerman
Fee: Member $65/Non-member NA  Classes: 4
CR#  DATES     DAY   TIME   LOCATION
26453 12/6-27   Th    12-4PM   SRS-WHL

Dance Lessons

American Step Dance, Beginning Clogging
Learn a true classic American dance. Dance to jazz, country, blue grass, pop, big band and rock ‘n roll music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Drop-ins $8. See Drop-in Policy on page 23.
Instructor: Donna Thiel
Fee: Member 3 classes $21, 4 classes $28, 5 classes $35/Non-members $10 more
CR#  DATES     DAY   TIME   LOCATION
26180(5) 10/3-31   W    2-3PM   CV-REC
26181(4) 11/7-28   W    2-3PM   CV-REC
26182(3) 12/5-19   W    2-3PM   CV-REC

American Step Dance, Intermediate I Clogging
Prerequisite American Step Dance/Clogging Beginning. Dance to a variety of music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Drop-ins $8. See Drop-in Policy on page 23.
Instructor: Donna Thiel
Fee: Member 3 classes $21, 4 classes $28, 5 classes $35/Non-members $10 more
CR#  DATES     DAY   TIME   LOCATION
26184(5) 10/3-31   W    3-4:15PM   CV-REC
26185(4) 11/7-28   W    3-4:15PM   CV-REC
26186(3) 12/5-19   W    3-4:15PM   CV-REC

American Step Dance, Intermediate II Clogging
This is a continuing class for those who have taken Beginning and Intermediate I Clogging. There will be more steps and routines to great music. Wear clogging taps or tennis shoes (no sandals). Drop-ins $8. See Drop-in Policy on page 23.
Instructor: Donna Thiel
Fee: Member 3 classes $21, 4 classes $28, 5 classes $35/Non-members $10 more
CR#  DATES     DAY   TIME   LOCATION
26187(5) 10/3-31   W    4:30-5:45PM   CV-REC
26188(4) 11/7-28   W    4:30-5:45PM   CV-REC
26189(3) 12/5-19   W    4:30-5:45PM   CV-REC

Argentine Tango - Beginning
Dave and Shelli Little have been performing and teaching Argentine Tango for over 18 years. In this class you will learn basic steps along with style, technique and floor craft. Shoes with a slight heel are recommended for women. Singles welcome. Fee is per person. No class 11/23.
Instructors: Dave and Shelli Little
Fee: Member 3 classes $30, 4 classes $40/Non-member $10 more
CR#  DATES     DAY   TIME   LOCATION
26404(4) 10/5-26   F    6-7:30PM   SRS-ANZA
26405(4) 11/2-30   F    6-7:30PM   SRS-ANZA
26406(3) 12/7-21   F    6-7:30PM   SRS-ANZA

Beginning Single Step Swing
Come learn one of the highly popular dances, Single Step Swing. This dance is very versatile and can be danced to many different tempos. It is popular for its simple nature and is often danced to slow, medium or fast tempo jazz, blues or rock and roll. 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. No class 11/21.
Instructor: Donna Green
Fee: Member $32/Non-member $42  Classes: 4
CR#  DATES     DAY   TIME   LOCATION
26590 10/10-31   W    5-6PM   CH-PALO
26591 11/7-12/5   W    5-6PM   CH-PALO

Country Western Dance - Beginning
Learn basic steps, cowboy cha-cha, two-step and ten-step. This class is for beginners with NO previous dance experience. Recommend leather sole, closed heel shoes or boots. Class is for COUPLES only. Price listed is per person.
Instructors: Keith and Mary Ann Jibson
Fee: Member $60/Non-member $70  Classes: 8
CR#  DATES     DAY   TIME   LOCATION
26113 10/23-12/11   Tu  6-7:15PM   SRS-ANZA
Country Western Dance - Intermediate
This class is for the more advanced beginner. Learn two-step and night club two-step. You will develop lead and follow skills. We will refresh steps in cowboy cha-cha and ten-step. Recommend leather sole, closed heel shoes or boots. This class is for COUPLES only, price listed is per person.
Instructors: Keith and Mary Ann Jibson
Fee: Member $60/Non-member $70 Classes: 8
CR# DATES DAY TIME LOCATION
26114 10/23-12/11 Tu 7:30-8:45PM SRS-ANZA

Latin Dance - Beginning
Learn the basics to rumba, mambo and cha cha. This class is for beginners with NO previous dance experience. Recommend wearing nonstick closed heel leather sole shoes. This class is for COUPLES only. Course fee is per person. No class 11/21.
Instructors: Keith and Mary Ann Jibson
Fee: Member $60/Non-member $70 Classes: 8
CR# DATES DAY TIME LOCATION
26115 10/24-12/19 W 6:30-8PM SRS-ANZA

Line Dancing 1
Learn basic line dance steps and dances practiced in the Green Valley Line Dance Club. Coed, no partner needed. A fun way to get both physical and mental exercise. No new students after second class.
Instructor: Shelton Howland
Fee: Member $36/Non-member $46 Classes: 6
CR# DATES DAY TIME LOCATION
26547 10/10-11/14 W 9:30-10:30AM CH-PALO

Line Dancing 2
Prerequisite: Line Dancing 1. Learn more steps and dances. At course completion, GVR members are invited to join the Green Valley Line Dance Club. No new students after second class.
Instructor: Kam Morganti
Fee: Member $36/Non-member $46 Classes: 6
CR# DATES DAY TIME LOCATION
26414 10/10-11/14 W 8-9AM CH-PALO

Line Dance for Dummies
So you think you can’t dance? Think again! Learn to feel the music, hear the beat and master the basic steps you need to actually line dance; and yes, you’ll finally learn the Electric Slide! This no-pressure class is very easy and lots of fun.
Instructor: Betty Espinoza
Fee: Member $20/Non-member $30 Classes: 4
CR# DATES DAY TIME LOCATION
26118 10/6-27 Sa 8:30-9:30AM SRS-ANZA

More Line Dance for Dummies
More steps. More music. More fun! After a quick review of the Electric Slide, we’ll begin where "Line Dance for Dummies" left off (taking former class will make taking this class easier, but it is not required).
Instructor: Betty Espinoza
Fee: Member $20/Non-member $30 Classes: 4
CR# DATES DAY TIME LOCATION
26119 11/3-24 Sa 8:30-9:30AM SRS-ANZA

Modern Square Dancing
This modern version of square dancing uses all types of music - Traditional, Pop, Country-Rock, Old Standards, etc. Something for everybody. We use modern and traditional calls and choreography. This is a great source for fun low impact exercise. It is great for cardio-vascular fitness, helps improve agility, exercises the mind and keeps your memory skills sharp. Two left feet? No problem; if you can walk you can square dance. Square dancing is friendship set to music. Taught by the nationally known square dance caller Rick Gittelman, caller since 1974 and caller for Green Valley Squares. Singles welcome. No previous experience needed. Registration for entire course available until 11/14. You are welcome to attend as a Drop-in for $5 each class. See Drop-in Policy on page 23. Fee is per person.
Instructor: Rick Gittelman
Fee: Member $65/Non-member $75 Classes: 14
CR# DATES DAY TIME LOCATION
26393 11/5-12/19 M,W 1-2:45PM LC-OCOT

Tap Intermediate/Advanced - Showgirls
The focus of this class will be on preparation for the Follies. Dances at different levels will be taught with the relevant technique and with the goal of placing each dancer in the dances best suited to his/her abilities. Non-performers are welcome to attend. Bring tap shoes. No class 11/21.
Instructor: Peggy Rushford
Fee: Member 3 classes $24, 5 classes $40/Non-members $10 more
CR# DATES DAY TIME LOCATION
26141(5) 10/3-31 W 10-11AM SRS-CRUZ
26142(3) 11/7-28 W 10-11AM SRS-CRUZ
26143(3) 12/5-19 W 10-11AM SRS-CRUZ

"Best Class I have ever atttended. More please!"
**Tap Technique - Advanced/Intermediate**

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

Instructor: Peggy Rushford

Fee: Member 3 classes $24, 5 classes $40/Non-members $10 more

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**Beginner/Advanced Beginner Tap**

This class is for those who have always wanted to tap dance. Learn all the basic steps, technique and dance movement in a fun way. Bring tap shoes. If you need tap shoes, Bloch or Leo split toe tap shoes are recommended.

Instructor: Charese Kelly

Fee: Member 3 classes $24, 4 classes $32, 5 classes $40/Non-members $10 more

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**Broadway Tap**

This is an INTERMEDIATE level class and the focus is for those who want to be great tap dancers. Learn all the old standard tap steps: time steps, soft shoe, waltz clog, shim sham, shuffle off to buffalo, etc. and further your technique by working on rhythm and timing doing all the steps you see on Broadway. LEARN PROPERLY and have a blast! Bring tap shoes.

Instructor: Charese Kelly

Fee: Member 3 classes $24, 4 classes $32, 5 classes $40/Non-members $10 more

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**Broadway Jazz**

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

Instructor: Charese Kelly

Fee: Member 3 classes $24, 4 classes $32, 5 classes $40/Non-members $10 more

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**Food and Beverage**

**Champagne Meal on a Beer Budget**

Let’s put our heads together with food supplies to create a "Champagne" meal with a $15 budget for a three course meal for two! Material fee $5 paid to instructor at class.

Instructor: Janice Howlett

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

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**Holiday Microwave**

This class will help with Holiday recipe planning and execution. Utilize your microwave oven to save time and energy by learning to prepare holiday side dishes, candies and desserts. Recipes included; tasting in class. Material fee $8 paid to instructor at class.

Instructor: Kraylen Miholer

Fee: Member $16/Non-member $26 Classes: 1

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**Party Starters**

Using your microwave oven, learn techniques of preparing party-style appetizers, snacks and beverages for an elegant party or spur-of-the-moment treat. In just moments after guests arrive, you can offer them a variety of hot and tempting nibbles that will stimulate both appetites and conversation with no fuss and no muss. Recipes included; tasting in class. Material fee $8 paid to instructor at class.

Instructor: Kraylen Miholer

Fee: Member $16/Non-member $26 Classes: 1

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**Eat Mesquite! Harvest and Preparation of Mesquite Products**

This 4-hour workshop includes an introduction to the taxonomy and uses of Green Valley area varieties of mesquite, questions and answers on preparation, then harvest, cleaning and drying of mesquite beans, grinding into flour and also cooking beans into a syrup. Students will be involved in preparation and consumption of mesquite based foods. Attendees please bring hat, sunglasses and sunscreen for a short walk in the area to observe the tree, also notebook and camera if desired. Material fee $5 paid to instructor at class.

Instructor: Laurie Melrood

Fee: Member $45/Non-member $55 Classes: 1

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Harvesting, Juicing and Preparation of Prickly Pear Products
This 4-hour workshop introduces students to the wonders of the fruit of the opuntia engelmannii, the prickly pear cactus that grows everywhere in our southern Arizona desert. Studies indicate that intake of nopal before meals may be useful in managing high cholesterol, diabetes and obesity! Using fruit gathered summer 2012, we’ll make the nutritious juice to prepare a lemonade and syrup. Brunch, prepared by students follows, using the lemonade and syrup as well as mesquite treats. All materials provided for a $5 fee paid to instructor at class. Students take home literature, recipes and a bottle of the homemade syrup. Wear casual clothing that can bear stains.
Instructor: Laurie Melrood
Fee: Member $45/Non-member $55 Classes: 1
CR# DATES DAY TIME LOCATION
26662 10/12 F 12-4PM WC-KITCH

Special Reserve and Holiday Wines
Celebrate with these special wines! Whether for the Holidays or a special event, these wines are perfect gifts for you, your friends, family or business associates. We will taste fine wines such as Bordeaux style blends from Washington, California and France, Champagne, Port, Sherry and others. Materials fee including fine wine, use of wine glass, bread, cheese and crackers, olives and deli meats, payable to instructor at class - $15. Please refrain from wearing perfume or cologne, as it affects the bouquet of the wine.
Instructor: Gene Stein
Fee: Member $20/Non-member $30 Classes: 1
CR# DATES DAY TIME LOCATION
26764 11/29 Th 4-6PM SRS-FSTA

Holiday Baking with Desert Plant Products
We will prepare nutritious and delicious holiday treats made with locally harvested desert plant products: mesquite flour bars and cookies, prickly pear lollipops for the kids, whole prickly pear coffee cake with mesquite crust and other delights. You’ll be the talk of the holiday season with these recipes. Instructor provides all materials. Mesquite flour and local cookbooks will be available for purchase. Wear aprons and hair coverings.
Instructor: Laurie Melrood
Fee: Member $50/Non-member $60 Classes: 1
CR# DATES DAY TIME LOCATION
26671 10/24 W 9AM-12PM WC-KITCH

Vietnamese Cooking - Spring Rolls
Learn how to prepare the most famous Vietnamese fresh spring roll (pork and shrimp or stir fry beef with onion) served with peanut sauce and house special sauce. Instructor is former restaurant owner and currently a cooking class instructor and caterer. Food fee of $15 paid to instructor at class.
Instructor: Lucky Nguyen
Fee: Member $25/Non-member $35 Classes: 1
CR# DATES DAY TIME LOCATION
26658 11/19 M 11AM-2:30PM WC-KITCH

Thanksgiving Wine
What to drink with your Thanksgiving dinner? We will taste red, white and rosé wines that will enhance your holiday table and match your holiday fare whether it be turkey, ham or roast beef. The emphasis will be on pairing food and wine. We will end with a special dessert wine. Material fee including wine, use of wine glass, cheese and crackers, payable to instructor at class $10. Please refrain from wearing perfume or cologne, as it affects the bouquet of the wine.
Instructor: Gene Stein
Fee: Member $20/Non-member $30 Classes: 1
CR# DATES DAY TIME LOCATION
26762 11/8 Th 4-6PM SRS-FSTA

Vietnamese Cooking - Egg Rolls
Learn how to prepare the most famous Vietnamese egg roll with pork, shrimp and vegetables. They are deep fried and served with house special sauce. Instructor is former restaurant owner and currently a cooking class instructor and caterer. Food fee of $15 paid to instructor at class.
Instructor: Lucky Nguyen
Fee: Member $25/Non-member $35 Classes: 1
CR# DATES DAY TIME LOCATION
26659 12/10 M 4-6:30PM WC-KITCH

Photo Courtesy of James Woodward
Health & Fitness

Arthritis Aqua Fitness
Improve range of motion, strength, flexibility, endurance and aerobic capacity through low to no impact water exercises. Come benefit from the water’s amazing properties. Certified Arthritis Foundation Aquatics.

Supplies: noodle and hand buoys. Design a fitness program that is as flexible as you are, by purchasing the punch card designed to work with your schedule. No more make-up classes, come to class when your schedule allows. Punch card is only valid in session for which purchased. Unused punches may NOT be used in the following session! Drop-in fee $10. See Drop-in Policy on page 23. This course unavailable for online registration.

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Instructor: Maggie Carstensen
Fee: Member 5 classes $40, 10 classes $80, 15 classes $120, 20 classes $160/Non-member $10 more

A-Z Stretching
We will focus on each of the muscle groups in a relaxing atmosphere. Soothing music carries us along as we hold the stretches for 20 seconds to a minute. Tone muscle, improve flexibility and strengthen your core in this fun class. Great post therapy and great for lower back too. Bring a mat, towel and water. Drop in fee $5. See Drop-in Policy on page 23. No class 11/19, 11/21 & 11/23.

Instructor: Wuanita Powers
Fee: Member 9 classes $36, 10 classes $40, 12 Classes $48/Non-member $10 more

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Stretching/Conditioning and Body Alignment
This class offers instruction in stretching/conditioning emphasizing body alignment to bring balance and wellbeing. Using gentle exercise and floor stretches targeting the connective tissue of the hips, pelvis and spine, you will release deep stress/tension, harmonize the energy flow balance, joint alignment/mobility, improve flexibility and provide mind and body relaxation. Bring a mat, towel and water. Drop-in fee $8. See Drop-in Policy on page 23. No class 11/22. Note location changes: 10/23 & 10/25 at ABN, 11/6, 11/13 & 11/29 at EC-LNGE

Instructor: Ilse Borden
Fee: Member 6 classes $42, 8 classes $56, 9 classes $63/Non-member $10 more

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

Instructor: Jennifer Adolfs
Fee: Member $10/Non-member $20

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

Instructor: Jennifer Adolfs
Fee: Member $60/Non-member $70

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Postural Fitness
You will learn and practice exercises that will promote whole body correction. This is alignment work to establish muscular balance through stretches and gentle exercises, which can help and even eliminate lower back and shoulder pain, chronic pain from injuries and postural issues. It will help correct disparity between the two sides of the body. With practice it can help restore balance and build functional strength. Wear loose clothing and bring a yoga mat. You must be able to get up and down from the floor as there will be exercises standing, on the floor and on the knees. Call Beth at 318-9590 with questions. No class 11/21.

Instructor: Beth Jonquil
Fee: Member $40/Non-member $50

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REGISTRATION BEGINS MONDAY, SEPTEMBER 10, 2012
Brain Aerobics Plus
With an aging population worrying about Alzheimer’s disease, stress causing memory blockages and our poor diets impacting our brain cells, what are we to do? Brain Aerobics is a simple method to keep your brain active. New research from Japan 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. This four week series of classes may be taken monthly as the material changes for repeat attendees. Materials fee of $6 paid to instructor at first class. Required manual supplied by instructor $12.95.
Instructor: Patricia Izzi, Holistic Health Practitioner
Fee: Member $79/Non-member $89  Classes: 4
CR#  DATES  DAY TIME LOCATION
26629  10/16-11/6 Tu 2:30-4:30PM CPII-REC
26777  11/13-12/4 Tu 2:30-4:30PM ABN-REC

Crystals for Health
Crystals have been used for centuries by many cultures to relieve pain and stress, improve sleep and mobility and help with overall wellbeing. This is a BEGINNER’S class to help you become familiar with the power of crystals, how to cleanse them, "program" them and use them successfully to improve your health. Become a smarter shopper at the Tucson Gem Show. Instructor will show some of her private collection of these "Keepers." Feel free to bring any of your own "treasures." $3 material fee paid to instructor at class. No class 10/11.
Instructor: Patricia Izzi, Holistic Health Practitioner
Fee: Member $32/Non-member $42  Classes: 3
CR#  DATES  DAY TIME LOCATION
26632  10/4-25 Th 2:30-3:30PM EC-GAME

Exercise - Fun and Fitness
Instructor: Donna Thiel
Fee:Member 6 classes $24, 9 classes $36/Non-member $10 more
CR#  DATES  DAY TIME LOCATION
26172(9) 10/2-30 Tu,F 8-8:15AM CH-PALO
26173(9) 11/2-30 F,Tu 8-8:15AM CH-SAG
26174(6) 12/4-21 Tu,F 8-8:15AM CH-PALO

"Great Yoga class, The best I've ever taken!"

Hoop Dance
Hoop dance uses adult size hula hoops for fitness and fun. Class will cover the basics of hooping: waist, chest and arm hooping, bringing the hoop on and off the body, tricks and basic choreography. Hooping is excellent non-impact cardio exercise and very toning, especially in the core area. Both men and women are welcome; anyone can do this, even if you’ve never been able to hula hoop (the larger size hoops makes it accessible for all). Hoops will be provided for students and available for sale. It’s a workout that doesn’t feel like a workout and will leave you with a smile! Carrie is a certified Hoopgirl Hoop Dance teacher. For more information go to www.hoopgirl.com
Instructor: Carrie Stover
Fee: Member 3 classes $30, 4 classes $40/Non-member $10 more
CR#  DATES  DAY TIME LOCATION
26772(4) 10/6-27 Sa 9:30AM-10:30AM LC-AGAVE
26773(3) 11/3-17 Sa 9:30AM-10:30AM LC-AGAVE
26774(3) 12/1-15 Sa 9:30AM-10:30AM LC-AGAVE

Learn Relaxation - Meditation in One Day!
Dr. Sam Yulish has been meditating-relaxing since 1971. You will see immediate results. Exercises are NO PAIN and NO STRAIN. Relaxation-meditation will improve every aspect of your life: physical, mental and spiritual. AND IT IS SO EASY! This class is nonreligious and has no affiliations of any kind to any organization -- point blank. Physically handicapped and physically challenged people are welcome. (Check with your doctor). Start in one day improving the quality of your life. Bring chair cushion if needed.
Instructor: Samuel Yulish
Fee: Member $15/Non-member $25  Classes: 1
CR#  DATES  DAY TIME LOCATION
26573  12/4 Tu 2-3:30PM EC-GAME

Massage for Couples
Bring your person of choice. Experience and learn therapeutic and relaxation massage techniques. You can help each other feel better! You will have time to give and receive a significant massage with a two-hour session. You will receive personal and interactive instruction by a licensed massage therapist, in practice for 22 years, who has a keen knowledge and sensitivity to share. Your hands can learn these skills with light heartedness in a focused environment. Fee is per person; must have a partner. Call Beth at 318-9590 with questions.
Instructor: Beth Jonquil
Fee: Member $40/Non-member $50  Classes: 2
CR#  DATES  DAY TIME LOCATION
26725  10/15-22 M 9-11:30AM CH-MSQT
26726  11/12-19 M 9-11:30AM CH-MSQT
Pilates Mat Class
This will be a combination mat class including standing balance work using Pilates and Tai Chi principles along with Beginner and Intermediate level Pilates mat work. This class will help you to not only "get a hold of your core" musculature, but also improve your body awareness, balance, and posture! Bring a thick mat or blanket and pillow (if needed).
Instructor: Jennifer Adolfs
Fee: Member 3 classes $26, 4 classes $34, 5 classes $43/Non-member $10 more

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Pilates on the Ball
Get set to have fun! We will combine the principles, exercises and breathing patterns of the Pilates method with the dynamic qualities of the exercise ball to create wonderful results. Strengthen your core, improve your balance, achieve good posture and elevate your self confidence. Light and filled with air, the ball provides a comfortable but firm surface that uniquely supports you in various positions. Exercising on the ball feels like reconnecting with childhood! Bring a 55 centimeter exercise ball (65 cm if you are 5’8” or taller), a mat and a pillow if needed. Drop-in fee $10. See Drop-in Policy on page 23. No class 10/18 & 11/22. Note: 11/15 class in CTWD room.
Instructor: Angelica Bastida Cazares
Fee: Member 3 classes $26, 4 classes $34/Non-member $10 more

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Introduction to Pickleball 101
Learn the fundamentals of Pickleball, the fastest growing sport in North America. Great exercise and lots of fun.
1st class - court layout and rules, etiquette, grip, position, drills for forehands, backhands, serve and dinks. 2nd class - drills for volley, drop shot, lob and overhead. 3rd class - review, coaching, sideline shots, games with peers. Paddles available for students. Bring water and tennis shoes.
Instructor: Paul May
Fee: Member $15/Non-member $25

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Introduction to the Short Game of Golf
This class breaks down the short game and is for players new to the game. The Focus is on Pitching/Sand Shots, Chipping and Putting. Includes PGA Golf Instruction, practice balls and equipment (if needed). This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol. Meet at bag drop in front of pro shop. Bring golf clubs.
Instructor: Maria Przymierski
Fee: Member $99/Non-member $109

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Intermediate Short Game Golf Class
This class reviews the scoring shots around the green: Pitching/Sand Shots, Chipping and Putting. Includes PGA Golf Instruction, practice balls and equipment (if needed). This class is a great review for players who have taken a previous GVR class and/or need to improve upon their existing swing. This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol. Meet at bag drop in front of pro shop. Bring golf clubs.
Instructor: Maria Przymierski
Fee: Member $99/Non-member $109

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Introduction to the Full Golf Swing
The Focus of this class is on understanding the Full Golf Swing using 7 Iron and Driver. The objective is to understand where direction and distance come from in the golf swing. This course is held at Canoa Ranch Golf Course, 5800 S. Camino del Sol. Meet at bag drop in front of pro shop. Bring golf clubs. Includes PGA Golf Instruction, practice balls and equipment (if needed).
Instructor: Maria Przymierski
Fee: Member $99/Non-member $109

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Photo Courtesy of Richard Shimaner
**Intermediate Full Swing Golf Class**

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

Instructor: Maria Przymierski

Fee: Member $99/Non-member $109  
Classes: 3

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**Try Scuba Experience**

Were you ever curious about how it might feel to experience being weightless like an astronaut or to breathe underwater and 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 the rest of our planet. Begin a lifetime of fun and adventure now. This 2 hour "try scuba diving" experience allows you to learn the basics of scuba diving and experience using scuba equipment in the pool so you can experience what it is like to scuba dive. We will give you about 30 minutes of instruction on the basics of diving and spend 90 minutes using scuba diving equipment in the pool. Equipment provided.

Instructor: Desert Divers Scuba Center

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

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**Improve Your Tennis - 3 Day Workshop**

This is a three day workshop to improve your tennis game. Day 1 - will focus on consistent contact of both volleys and groundstrokes. Day 2 - will emphasize shaping the shot and includes predicting the movement of your opponent’s shot. Day 3 - will reinforce target tennis to move your opponent. Each day will have at least 1 hour of drill followed by competitive play to complete each workshop. Bring your tennis racket.

Instructor: Ray Wardlaw

Fee: Member $30/Non-member $40  
Classes: 3

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**Snorkeling Class**

Have you ever gone on vacation and tried to go snorkeling and ended up with a mask full of water, or choking on water when trying to clear your snorkel, and you saw all kinds of beautiful fish below you but could not figure out how to swim down to them? This 2 hour snorkeling class has been developed to 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, be able to clear water comfortably from your mask and snorkel, learn proper use of your fins, perform surface dives to explore underwater and learn about the physiology of snorkeling. Equipment provided.

Instructor: Desert Divers Scuba Center

Fee: Member $20/Non-member $30  
Classes: 1

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**Develop a Consistent Serve and Simple Return**

Placement and consistency are more important than power, so you will learn with the newest instructional aids. You will be introduced to the flat, slice and topspin serves. The service return drills will give you practice on both your forehand and backhand. You will learn to keep the return compact and simple for success. Bring a tennis racket.

Instructor: Ray Wardlaw

Fee: Member $30/Non-member $40  
Classes: 3

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**Drop-In Policy**

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

“*These conversation classes are magnificent!"*
Open Water Scuba Course

Escape the bonds of gravity and learn to explore the other 75% of our planet. The class is open to people 10 years and older. Learning to Scuba Dive consists of classroom and pool training and your final step to receiving your certification is demonstrating the skills you learned in the pool and the classroom in the ocean. The ocean portion of the course (San Carlos Weekend Trip approximately $359) and certification is separate and arranged through the Scuba Center; contact Desert Divers at 520-887-2822 for details. This course consists of 16 hours of training. We will do 3 classroom sessions and 2 pool sessions during your training. You will learn a variety of engaging topics ranging from oceanography to diving physiology. In the pool you will learn all the necessary skills to be a safe, comfortable and confident scuba diver. Material fee of $64.95 for Text/DVD/Tables paid to Desert Divers. Students must read text prior to first class. Mask, fins, snorkel, boots and gloves which will range from $219 to $420 will be discussed at first class and must be purchased by the first class in the pool. There will be a lunch break on 11/1.

Instructor: Desert Divers Scuba Center, 3110 E. Fort Lowell Rd., Tucson, AZ 85716

Fee: Member $125/Non-member $135

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Step Interval Aerobics - Beginning

This is an exhilarating, challenging, yet moderate and SAFE workout! We’ll do 40 minutes of warm up and step aerobics, followed by upper body strength training and finish with a soothing total body stretch - your body will thank you! Bring light to moderate weights, mat, towel and water. Drop-in fee $8. See Drop-in Policy on page 23.

Instructor: Lucy Kehl

Fee: Member $24/Non-member $34

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Tai Chi Wu Style - Beginning

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

Instructor: Heidi Wilson

Fee: Member $85/Non-member $95

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Tai Chi Wu Style - Continuing

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

Instructor: Heidi Wilson

Fee: Member $85/Non-member $95

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**Flow Home with Yoga**

This mixed level yoga class is available to beginners and regular practitioners alike. Class is taught Anusara® style with clear steps into asanas (yoga poses) using principles of alignment, a heart opening theme and options for each student to move more deeply into their own level of practice. Props required: Yoga Mat, 1 block and 1-2 blankets (Mexican blankets work well). Instructor will have mats and blocks for purchase. Discounted fee if taking Monday and Thursday classes concurrently. Course unavailable for online registration. Drop-in fee $12. See Drop-in Policy on page 23.

Instructor: Kathy Edds  
Fee: Member 3 classes $30/$27, 4 classes $40/$36/Non-member $10 more

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**Yoga for Beginners**

Yoga for beginners with no previous yoga experience and students who may desire a gentler practice will be repeated many times to develop a firm command and understanding of basic yoga principles. Emphasis will be on breath, alignment, stretching, toning and balancing. Benefits are progressive and experienced in each class. PROPS REQUIRED: yoga mat, 8’ yoga strap, 1-2 blankets (Mexican blankets work well). Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee $12. See Drop-in Policy on page 23.

Instructor: Seja Snow  
Fee: Member $40/$30/Non-member $50/$40

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"Yoga is one of the best forms of nonaerobic exercise that can improve muscle tone, flexibility, and balance. And whether people go into for that reason or not, it will also make them calmer and more balanced emotionally and spiritually."

**Yoga for Back Care**

This class will benefit you by stretching and aligning the spine by way of correcting its asymmetry, fortifying necessary muscles to stabilize the back and shoulders for needed strength and creating flexibility for a more comfortable back. Props a MUST. Required: yoga mat, 2 blankets (Mexican blankets work well) and 8’ yoga strap. Props may be purchased from instructor. Discounted fees if taking two or more classes per week of any of Seja’s classes. Course unavailable for online registration. Drop-in fee $12. See Drop-in Policy on page 23.

Instructor: Seja Snow  
Fee: Member $40/$30/Non-member $50/$40

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<td>26023</td>
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**Yoga - Level I/II**

This class is for students with substantial yoga experience, providing a more vigorous, challenging practice and builds on prior knowledge gained in the Beginners class. A firm understanding and command of fundamental yoga poses and principles is required. An in-depth study of Sun Salutation is presented and more advanced poses may be explored as we continue to build on past learning. Meditative approach and Focused breathing is encouraged. Bring your own props. REQUIRED: yoga mat, 8’ yoga strap, 2-3 blankets (Mexican blankets work well) and 2 blocks. Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee $12. See Drop-in Policy on page 23.

Instructor: Seja Snow  
Fee: Member $40/$30/Non-member $50/$40

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Yoga - To Restore and Relieve Stress

Often untapped jewel of yoga practice; Missing link to complete care of oneself. Can be therapeutic as a complement to any ongoing medical treatments or stand on its own. Supported, gentle yet deeply effective practice using props to do the work for us. Deeply quieting to the mind and body. PROPS ARE A MUST FOR THIS PRACTICE: yoga mat, 8’ yoga strap, 2 plus blankets (Mexican blankets work well), and for most people block and bolster. Instructor has props for sale or rent. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee $12. See Drop-in Policy on page 23. No class 11/22.

Instructor: Seja Snow  
Fee: Member 3 classes $30/$25, 4 classes $40/$30/Non-member $10 more

CR# DATES  DAY  TIME  LOCATION  
26028(4) 10/4-25  Th  11AM-12:15PM  LC-JNPR  
26029(4) 11/1-29  Th  11AM-12:15PM  LC-JNPR  
26030(3) 12/6-20  Th  11AM-12:15PM  LC-JNPR

Chair Yoga

Easy way to practice yoga and well suited for everyone, especially for people who cannot get down on the floor and have limited range of mobility. Connect to your breath, flow through guided yoga poses to loosen up joints, strengthen muscles and stretch tight places using the chair for support. Props a must: yoga mat, 8’ yoga strap, two Mexican blankets. Instructor has props for sale. Discounted fees if taking two or more Seja classes per week. Course unavailable for online registration. Drop-in fee $12. See Drop-in Policy on page 23. No class 11/22.

Instructor: Seja Snow  
Fee: Member 3 classes $30/$25, 4 classes $40/$30/Non-member $10 more

CR# DATES  DAY  TIME  LOCATION  
26024(4) 10/4-25  Th  11AM-12:15PM  LC-JNPR  
26025(4) 11/1-29  Th  11AM-12:15PM  LC-JNPR  
26026(3) 12/6-20  Th  11AM-12:15PM  LC-JNPR

Hatha Yoga Saguaro for Beginners

This class is an introduction into the ancient traditions of hatha yoga. Students will learn the basic yoga postures to balance, bring into harmony and union -- the body, mind and breath. There will be a strong emphasis on learning breathing and physical techniques to strengthen the mind and relax the body. Men are more than welcome. Richard has studied yoga in India with Dr.Tripathi, with yoga master BNS Iyengar, is an AZ certified high school teacher and is certified as an experienced, registered yoga teacher (E-500 RYT) by Yoga Alliance. Bring your own props. REQUIRED and available for purchase from instructor: yoga mat, 2 blocks, 8’ yoga strap and 2 very firm blankets (Mexican blankets are preferred). Drop-in fee $11. See Drop-in Policy on page 23. Discounted fee if taking 2 or more Roth classes/week. Course unavailable for online registration. No class 10/12, 11/21 & 11/23.

Instructor: Richard Roth  
Fee: Member 2 classes $16/$14, 3 classes $24/$21, 4 classes $32/$28/Non-member $10 more

CR# DATES  DAY  TIME  LOCATION  
26902(4) 10/3-24  W  11AM-12PM  LC-IRWD  
26903(3) 10/5-26  F  11AM-12PM  LC-OCOT  
26904(4) 10/31-11/28  W  11AM-12PM  LC-IRWD  
26905(4) 11/2-30  F  11AM-12PM  LC-OCOT  
26906(3) 12/5-19  W  11AM-12PM  LC-IRWD  
26907(2) 12/14-21  F  11AM-12PM  LC-OCOT

Hatha Yoga Saguaro - Level I/II

This yoga class is for students who know the basic yoga poses and have practiced regularly for at least six months. Sun Salutations begin each class with standing, seated postures, back bending, and some inversions. Emphasis is on the breath and various breathing techniques. Richard has studied yoga in India with Dr.Tripathi, with yoga master BNS Iyengar, is an AZ certified high school teacher and is certified as an experienced, registered yoga teacher (E-500 RYT) by Yoga Alliance. Men more than welcome. Bring your own props. REQUIRED and available for purchase from instructor: yoga mat, 2 blocks, 8’ yoga strap and 2 very firm blankets (Mexican blankets are preferred). Drop-in fee $12. See Drop-in Policy on page 23. Discounted fee if taking 2 or more Roth classes/week. Course unavailable for online registration. No class 10/12, 11/21 & 11/23.

Instructor: Richard Roth  
Fee: Member 2 classes $18/$16, 3 classes $27/$24, 4 classes $36/$32/Non-member $10 more

CR# DATES  DAY  TIME  LOCATION  
26908(4) 10/3-24  W  9-10:30AM  LC-IRWD  
26909(3) 10/5-26  F  9-10:30AM  LC-OCOT  
26910(4) 10/31-11/28  W  9-10:30AM  LC-IRWD  
26911(4) 11/2-30  F  9-10:30AM  LC-OCOT  
26912(3) 12/5-19  W  9-10:30AM  LC-IRWD  
26913(2) 12/14-21  F  9-10:30AM  LC-OCOT
Yoga I
This is an introductory course to Yoga-asanas (poses), supported by breathing awareness. Much is about preparing the body through stretching and limb rotation. The exercises are basic, gentle and very beneficial. The class will consist of mostly floor work with some standing poses. Please come with an empty stomach. Bring mat, blanket and strap.
Instructor: Eveli Sabatie
Fee: Member 3 classes $25, 4 classes $34, 5 classes $42/Non-member $10 more

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Yoga II
This course covers a wide range of Yoga poses, from forward bends to balancing poses, backbends and more if possible. You need to be fit, flexible and mindful to enroll in this class. NOTE: Yoga I required before attending this class. If you have previous Yoga experience, please contact instructor prior to registering at 881-0384.
Instructor: Eveli Sabatie
Fee: Member 3 classes $30, 4 classes $40, 5 classes $50/Non-member $10 more

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Yogacize
This is a one hour workout that blends heart strengthening cardio, muscle toning, facial fitness yoga for a more youthful appearance and traditional yoga postures that increase strength, flexibility and balance. Each session includes a light aerobic warm up, weight training, a variety of yoga stretches and a final relaxation segment. Bring a mat, water, and 2 - 5 lb. weights. Discounted fee if taking both Wed. and Fri. classes concurrently. Drop-in fee $7. See Drop-in Policy on page 23. This course unavailable for online registration. No class 11/23.
Instructor: Jan Jordan
Fee: Member $36/$30/Non-member $46/$40

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Zumba® Gold
This is a low to medium impact Latin dance aerobics class. The focus of this class is to tone, increase awareness of breathing during movement and to improve endurance and coordination. The class is also for those who want to incorporate weight bearing exercises into their fitness routine. Move and dance to simple choreography with fun, improvisational dance to salsa, merengue, mambo and much more. No previous dance experience necessary, just the desire to have fun. Terri James is certified in Zumba® Gold and has over 25 years of dance training. Drop-in fee $10. See Drop-in Policy on page 23. Bring 1 to 1.5 lb. weights and water. Discounted fee if taking both Mon. and Wed. classes concurrently. This class unavailable for online registration.
Instructor: Terri James
Fee: Member 3 classes $24/$21, 4 classes $32/$28, 5 classes $40/$35/Non-member $10 more

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Zumba® Gold Toning
The Zumba® Gold-Toning program combines the enticing international rhythms of the Zumba® Gold program with the strength-training techniques of the Zumba® Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners. Through modified dynamic lightweight resistance training, participants can help prevent age-related bone loss, increase muscle strength and definition, decrease body fat and improve mobility, posture, coordination and cognition. Drop-in fee $10. See Drop-in Policy on page 23. Fee of $18 paid to instructor at class for Zumba® Toning sticks. Discounted fee if taking both Mon. and Wed. classes concurrently. This class unavailable for online registration.
Instructor: Terri James
Fee: Member 3 classes $24/$21, 4 classes $32/$28, 5 classes $40/$35/Non-member $10 more

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<td>12/5-19</td>
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Zumba® Gold with Rebecca
Zumba® Gold is a fun mix of international rhythms and cardio fitness. This class is for the young at heart who enjoy working out to music. Easy to follow moves build strength and balance. No dance experience necessary. Drop-in fee $10. See Drop-in Policy on page 23. Bring water. No class 11/21.
Instructor: Rebecca Piña Cammarota
Fee: Member 3 classes $24, 4 classes $32/Non-member $10 more
CR# DATES DAY TIME LOCATION
26041(4) 10/10-31 W 4:30-5:30PM LC-CTWD
26042(3) 11/7-28 W 4:30-5:30PM LC-CTWD
26043(3) 12/5-19 W 4:30-5:30PM LC-CTWD

Language Arts and Writing

Amuse Your Muse with Poetry
If your poetry experience has been stifled, this course will free you to express yourself using free form style. You will write, read, critique and revise. Bring notebook and pen or pencil - no electronic writing devices. Instructor is a published poet.
Instructor: Becky McCreary
Fee: Member $40/Non-member $50
CR# DATES DAY TIME LOCATION
26678 10/30-11/13 Tu 6-8PM LC-ACAC

Anyone Can Have Fun Writing
The aim is to encourage writing in the same spirit in which you might approach painting, singing, or modeling with clay: as something natural and recreational. The course includes strategies and tips for writing smoothly, effectively and happily; friendly discussion about its joys and difficulties, and a chance to share any writing on which you may have been working. The instructor is a former journalist, editor and English teacher. Bring to class: A pad or notebook with lined paper and either a pen or a couple of sharpened pencils.
Instructor: Jay Kobler
Fee: Member $50/Non-member $60
CR# DATES DAY TIME LOCATION
26684 10/24-11/14 W 1-3PM ABS-REC
26685 11/28-12/19 W 1-3PM ABS-REC

Write Your Life
Leave a living legacy of your life’s highlights for family and friends. Share with others the stories of your childhood, your work, joys, challenges and successes. Constructive comments will be offered by classmates. Bring writing to first class along with paper and pencil. No class 11/6 & 11/20.
Instructor: Ardyth Guest
Fee: Member $40/Non-member $50
CR# DATES DAY TIME LOCATION
25991 10/30-12/11 Tu 9-11AM DH-RMA

Elements of a Good Story
We all have stories to tell whether for personal expression or publication. To tell them in an engaging way, we’ll study the elements of a good story by examining subjects we feel strongest about and writing about them with authority incorporating strong characters and a unique voice. Balden’s workshops are packed full of encouragement, good advice, writing exercises and are designed for those who are drawn to self-expression and the telling of their stories. Bring a lunch and beverage.
Instructor: Gail Balden
Fee: Member $50/Non-member $60
CR# DATES DAY TIME LOCATION
26415 11/10 Sa 9AM-4PM LC-IRWD
26416 11/17 Sa 9AM-4PM LC-IRWD

Basic Sign Language
Basic Sign Language is an introduction to the language of Signs. You will learn the alphabet, numbers, days of the week, months of the year, greetings, about 100 words, deaf culture and body placement of signs. Basic sign is the foundation for Conversational Sign language. Come and begin to learn this beautiful language. Instructor has taught sign language for over 25 years. Required text The Art of Sign Language Phrases by Christopher Brown (available locally). Material fee of $5 paid to instructor at class.
Instructor: Debrah Jones
Fee: Member $65/Non-member $75
CR# DATES DAY TIME LOCATION
26638 10/15-11/19 M 9-10:30AM CPII-REC

Conversational Sign Language
Conversational Sign Language continues where Basic Sign Language left off. Must have completed Basic Sign Language. We will continue to learn more signs, sentences, idioms and will engage in in-class sign conversations. This class will expand your knowledge of signs and your ability to communicate in Sign. Sign language is a very good exercise for hands and brain. Instructor has taught sign language for over 25 years. Required text The Art of Sign Language Phrases by Christopher Brown (available locally). Material fee of $5 paid to instructor at class.
Instructor: Debrah Jones
Fee: Member $65/Non-member $75
CR# DATES DAY TIME LOCATION
26639 10/15-11/19 M 11AM-12:30PM CPII-REC
Scripting with Design

We will script a word or phrase. Instructor will teach how to make it into a design for photographing, publicity, place-markers, visual aids, greeting cards, illustrations or e-mails. Each design will be unique and personal. Examples will be demonstrated. Students will move at their own level, but all will start together with one word, in a certain block-lettered calligraphic script. Concern with precision required. **SUPPLY LIST** given at registration.

Instructor: Paula Bowman

Fee: Member $60/Non-member $70

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Publish Your Book and Papers for Free at Amazon Kindle

Dr. Sam Yulish has published both books and papers for almost 3 decades. His latest big success was a paper that was in the top 10 of its category in the UK for 5 months-and even number 1 at times. He can show you how to get your book published at Kindle absolutely free!! More electronic books are sold at Amazon through Kindle than paperback books! Jump into the 21st century - learn from an expert.

Instructor: Samuel Yulish

Fee: Member $20/Non-member $30

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French IV

Let’s face it: we need verbs to express ourselves. This class will focus on what we like the least about French grammar: passé simple et subjonctif. A most rewarding challenge, we promise. Are you up to it? Required Text: **Practice Makes Perfect: French Verb Tenses** (second ed.) available locally. Instructor, Sylvie Robertshaw, M. Ed, is a native French speaker.

Fee: Member $85/Non-member $95

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<td>LC-IRWD</td>
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French Women Studies I

What do George Sand and Christine Lagarde have in common? Find out with this class looking at five influential French women. French reading skills required. A small fee will apply for handouts. The instructor, Sylvie Robertshaw, M. Ed, is a native French speaker. No class 11/23.

Instructor: Sylvie Robertshaw

Fee: Member $85/Non-member $95

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Italian I

Planning on travelling to Italy or just wanting to learn the language? Learn basic vocabulary, grammar and conversation. Customs are also covered. Text: **Learn Italian the Fast and Fun Way**, by Marcel Danesi (available locally). The instructor is a native speaker with years of teaching experience. No class 11/21.

Instructor: Annamaria

Fee: Member $78/Non-member $88

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Italian II

This class is a continuation of Italian I or requires some knowledge of the language. The class covers grammar, vocabulary and dictation with emphasis on conversation and role playing. Customs and Italian culture are also covered. Text: **Learn Italian the Fast and Fun Way**, by Marcel Danesi (available locally). The instructor is a native speaker with years of teaching experience. No class 11/21.

Instructor: Annamaria

Fee: Member $78/Non-member $88

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Casa del estudiante

This is a class for those who would like to learn about the Spanish language and Latin culture, to understand Spanish music and to explore Latin cuisine. Each class will have a theme to guide the students along their journey through the world of the Spanish language. The October theme is **Noche Flamenca**, November is **Noche Mexicana** and December is **Noche Buena**. Instructor, Zandra Pardi, B.A., is a native speaker and experienced instructor.

Instructor: Zandra Pardi

Fee: Member $25/Non-member $35

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<td>12/13</td>
<td>Th</td>
<td>5-7PM</td>
<td>SRS-ANZA</td>
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Spanish - Basics

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

Instructor: Zandra Pardi

Fee: Member $45/Non-member $55

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<td>26733</td>
<td>10/22-11/5</td>
<td>M</td>
<td>9-11AM</td>
<td>DH-RMA</td>
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Spanish - Elementary I
This class is for those who have finished Basic Spanish. The course covers present tense of regular verbs. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor.
Instructor: Zandra Pardi
Fee: Member $65/Non-member $75  Classes: 5
CR#   DATES    DAY    TIME   LOCATION
26374  11/12-12/10  M  9-11AM  DH-RMA

Spanish - Elementary II
This course is for those who have completed Spanish Elementary I. The course covers verbs "to be, ser and estar." Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor. No class 11/22.
Instructor: Zandra Pardi
Fee: Member $65/Non-member $75  Classes: 5
CR#   DATES    DAY    TIME   LOCATION
26380  10/4-11/1  Th  9-11AM  LC-ACAC
26381  11/8-12/13  Th  9-11AM  LC-ACAC

Spanish - Intermediate II
This course is for those who completed Intermediate I. The course covers the preterite tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor.
Instructor: Zandra Pardi
Fee: Member $65/Non-member $75  Classes: 5
CR#   DATES    DAY    TIME   LOCATION
26377  10/2-30  Tu  9-11AM  LC-ACAC

Spanish - Intermediate III
This course covers the imperfect tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor.
Instructor: Zandra Pardi
Fee: Member $75/Non-member $85  Classes: 6
CR#   DATES    DAY    TIME   LOCATION
26378  11/6-12/11  Tu  9-11AM  LC-ACAC

Spanish - Advanced I
This course covers the imperative tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor.
Instructor: Zandra Pardi
Fee: Member $65/Non-member $75  Classes: 5
CR#   DATES    DAY    TIME   LOCATION
26375  10/1-29  M  12:30-2:30PM  DH-RMA

Spanish - Advanced II
This course covers the present subjunctive tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor.
Instructor: Zandra Pardi
Fee: Member $75/Non-member $85  Classes: 6
CR#   DATES    DAY    TIME   LOCATION
26386  11/5-12/10  M  12:30-2:30PM  DH-RMA

Spanish - Advanced III
This course covers the present subjunctive tense. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., is a native speaker and experienced instructor.
Instructor: Zandra Pardi
Fee: Member $55/Non-member $65  Classes: 4
CR#   DATES    DAY    TIME   LOCATION
26387  10/10-31  W  9-11AM  DH-RMA
26388  11/7-12/5  W  9-11AM  DH-RMA

Español Practico I
Esta clase es para aquellas personas que ya hablan en tiempo presente y desean platicar "un poco de todo." Zandra Pardi, B.A., is a native speaker and experienced instructor. No class 11/21.
Instructor: Zandra Pardi
Fee: Member $65/Non-member $75  Classes: 5
CR#   DATES    DAY    TIME   LOCATION
26389  10/4-11/1  Th  12:30-2:30PM  DH-RMA
26390  11/8-12/13  Th  12:30-2:30PM  DH-RMA

Español Practico II
Instructor: Zandra Pardi
Fee: Member $65/Non-member $75  Classes: 5
CR#   DATES    DAY    TIME   LOCATION
26384  10/5-11/2  F  9-11AM  DH-RMA
26385  11/9-12/14  F  9-11AM  DH-RMA

"This is the best spanish class I have ever had. Fantastico!"
Lapidary

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

Instructor: Lapidary Club
Fee: Member $30/Non-member NA  Classes: 1
CR#  DATES    DAY   TIME        LOCATION
26655  10/16  Tu    1-4PM    EC-STU
26656  11/13  Tu    1-4PM    EC-STU

Beginning Chain Making
Students will learn to make two chain bracelets of silver or copper. They are lovely to wear or suitable as gifts. Materials charge (including tools) is estimated at $80 for 2 silver bracelets, $30 for two copper bracelets or $60 for one of each. Fees are payable at the first class. NOTE: This class requires working with pliers and could be difficult for arthritic hands. Materials charge is dependent upon the price of silver.

Instructor: Lapidary Club
Fee: Member $35/Non-member NA  Classes: 2
CR#  DATES    DAY   TIME        LOCATION
26633  11/13-15  Tu,Th  10AM-12PM  EC-STU
26634  12/11-13  Tu,Th  10AM-12PM  EC-STU

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

Instructor: Lapidary Club
Fee: Member $30/Non-member NA  Classes: 2
CR#  DATES    DAY   TIME        LOCATION
26691  10/8-10  M,W    2-4PM    EC-STU
26692  11/5-7  M,W    2-4PM    EC-STU
26693  12/10-12  M,W    2-4PM    EC-STU

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

Instructor: Lapidary Club
Fee: Member $35/ Non-member NA  Classes: 3
CR#  DATES    DAY   TIME        LOCATION
26622  10/8-10  M-W    3-5PM    WC-LAP
26623  10/15-17  M-W    3-5PM    WC-LAP
26624  10/22-24  M-W    3-5PM    WC-LAP
26625  11/5-7  M-W    3-5PM    WC-LAP
26626  11/12-14  M-W    3-5PM    WC-LAP
26627  12/3-5  M-W    3-5PM    WC-LAP
26628  12/10-12  M-W    3-5PM    WC-LAP

Metal Forming: Introduction
This is a PREREQUISITE FOR ANY METAL FORMING CLASS taught by the Lapidary Club. This introductory class includes safety, metals, tools and their care, and techniques used in metal-smithing. Learn about disc cutting, dapping blocks, punches, mandrels, stamps, hammers and mallets, hydraulic press, corrugation, and other tools. Many examples in copper, brass and silver with some hands-on activity in brass and copper. Material fee of $15 paid at class time.

Instructor: Lapidary Club
Fee: Member $10/Non-member NA  Classes: 1
CR#  DATES    DAY   TIME        LOCATION
26676  10/13  Sa    1-4:30PM  DH-LAP
26677  12/15  Sa    1-4:30PM  DH-LAP

Silversmithing
Learn how to work with silver and the basics of silver soldering. Students will be introduced to the basic elements of Silversmithing: torch control, choosing a solder, solder melting points and fitting a solder joint. You will learn the ten reasons why silversmiths have trouble with soldering. The first day prepares you for the second class, where you will learn the techniques of cutting, sawing and finishing. You will complete a turquoise ring. All tools and materials are furnished. Wear old clothes and closed-toe shoes, and tie long hair back. The material fee of $75.00 MUST be paid at West Center Lapidary prior to the first class.

(Bring receipt to class).

Instructor: Lapidary Club
Fee: Member $50/Non-member NA  Classes: 2
CR#  DATES    DAY   TIME        LOCATION
26665  10/10-11  W,Th  1-5PM    EC-STU
26666  10/17-18  W,Th  1-5PM    EC-STU
26667  11/7-8  W,Th  1-5PM    EC-STU
26668  11/28-29  W,Th  1-5PM    EC-STU
26669  12/5-6  W,Th  1-5PM    EC-STU
26670  12/12-13  W,Th  1-5PM    EC-STU
Silversmithing, Precious Metal Clay (PMC)

The student will be given knowledge in the use of PMC which contains silver to mold a piece of jewelry. Then it will be kiln fired, finished and polished by the student and made into a beautiful piece of silver jewelry or earrings. Some basic tools provided. Material fee of $80 (depending on silver prices) is payable the first day of class. Materials include PMC, findings and necklace cord.

Instructor: Lapidary Club

Fee: Member $25/Non-member NA

Classes: 2

CR#  DATES   DAY   TIME   LOCATION
26636  12/3-6   M,Th   9AM-12PM   EC-STU

Lectures

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

SEPTEMBER

Northwest Medical Center  5   W   EC   9am
Pima Council on Aging  6   Th   CH   9am
Parkinson's Group  7   F   EC   1pm
G.V. Gardeners  13   Th   DH   9am
G.V. Gardeners  20   Th   WC   9am
G.V. Gardeners  27   Th   WC   9am
U of A Arthritis Center  27   Th   CH   10am

OCTOBER

Northwest Medical Center  3   W   EC   9am
G.V. Gardeners  4   Th   DH   9am
Pima Council on Aging  4   Th   CH   9am
Parkinson's Group  5   F   EC   1pm
G.V. Gardeners  11   Th   DH   9am
G.V. Gardeners  18   Th   WC   9am
Sarver Heart  18   Th   CH   10am
Tucson Orthopaedic Institute  18   Th   EC   2pm
G.V. Gardeners  25   Th   DH   9am
U of A Arthritis Center  25   Th   CH   10am

NOVEMBER

G.V. Gardeners  1   Th   DH   9am
Pima Council on Aging  1   Th   CH   9am
Parkinson's Group  2   F   EC   1pm
Northwest Medical Center  7   W   EC   9am
Sonora Lung C.A.R.E.  7   W   CH   11am
G.V. Gardeners  8   Th   DH   9am
Dr. Carlton Baker  14   Th   EC   1pm
Sarver Heart  15   Th   CH   10am
Tucson Orthopaedic Institute  15   Th   EC   2pm
U of A Arthritis Center  29   Th   CH   10am

DECEMBER

Northwest Medical Center  5   W   EC   9am
Western Passport Center  5   W   EC   2pm
Pima Council on Aging  6   Th   CH   9am
Tucson Orthopaedic Institute  13   Th   EC   2pm
Sarver Heart  20   Th   CH   10am

Music Lessons

Drum for Fun!

Do you have a drum? Shakers? Bring something to tap on or shake. I will bring what I have to share and we’ll explore the language of rhythm. We will share a playful conversation of patterns, learn cooperative listening and have fun! Call instructor Beth at 318-9590 with questions (instructor may be able to find a drum for you to buy).

Instructor: Beth Jonquil

Fee: Member $20/Non-member $30

Classes: 2

CR#  DATES   DAY   TIME   LOCATION
26727  10/29-11/5   M   9-11:30AM   CH-MSQT
26728  11/26-12/3   M   9-11:30AM   CH-MSQT

Instant Piano for Hopelessly Busy People

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

Instructor: Craig Coffman

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

Classes: 1

CR#  DATES   DAY   TIME   LOCATION
26688  10/27   Sa   8:30-11:30AM   EC-AUD
How to Play Piano by Ear
Learn one of music’s deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings and transposing - all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence. Required materials fee of $29.00 for the How to Play Piano by Ear book and practice CD paid to instructor at class. Course fee discounted if taking same weekend with another Coffman music class. This course unavailable for online registration. Website: justonceclasses.com.
Instructor: Craig Coffman
Fee: Member $30/$25/Non-member $40/$35 Classes: 1

Instant Guitar For Hopelessly Busy People
Have you ever wanted to learn the guitar? In just a few hours absolute beginners can learn enough about playing the guitar to give you years of musical enjoyment and you won’t have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Required materials fee of $29 paid to instructor at class for workbook and CD. Course fee discounted if taking same weekend with another Coffman class. This course unavailable for online registration.
Website: justonceclasses.com.
Instructor: Craig Coffman
Fee: Member $30/$25/Non-member $40/$35 Classes: 1

Painting & Drawing

Acrylic Innovation
Enhance your image-making power and generate new ideas with acrylic painting techniques to move you beyond your current comfort zone. You can choose to work several ways: painting a series of experiments to explore a wide range of techniques, focus on 1 or 2 larger works, or bring in unfinished studio work to push it farther. Learn contrasting techniques (ie. stains and pouring, reflective and non-reflective materials, textural and smooth surfaces) to enhance design and spatial qualities while creating physicality in a sensuous surface. Each participant receives many free product samples, keeping the supply list to a minimum. A master class in acrylic, a prerequisite for this is attending the lecture (must pre-register at SRAL) Tuesday, Dec 4, 2-4 PM. Previous painting experience is recommended. SUPPLY LIST given at registration. Bring a lunch and beverage.
Instructor: Nancy Reyner
Fee: Member $295/Non-member $305 Classes: 3

Composition - Design
This is a very basic course on planning a painting; selecting and changing elements for the best composition. Material fee $5 paid to instructor at class. Supplies to bring: Drawing pad, 4B and 6B pencils and vine charcoal.
Instructor: Georgia Doubler
Fee: Member $75/Non-member $85 Classes: 1

Creative Mandalas
We all lead busy lives and many times find ourselves overstretched, a bit on edge, and often out of balance. However, when we are doing something we enjoy and "lose" ourselves in it, we begin to feel inner peace. Coloring is a simple tool we can use to "get lost" and it’s FUN!! Special Mandala designs will offer you the opportunity to meditate, feel centered, give you a new sense of creativity AND be great for your brain’s health. Materials fee of $5 paid to instructor at first class. Supplies needed: Any coloring media (crayons, colored pencils, thin tipped markers) and the willingness to play. No class 11/22.
Instructor: Patricia Izzi, Holistic Health Practitioner
Fee: Member $40/Non-member $50 Classes: 4
Cartoon and Art as Story
Each of us will "put it together" as a single picture or a series set. We will primarily be drawing with pen and pencils, adding color with colored pencils, inks or watercolors. I will not limit the medium. Part of each class will be interactive discussion about ideas, where they come from, where they can go, how to solve a problem or tell the story. Bring what you wish to use, appropriate paper, canvas or board. Call instructor Beth at 318-9590 with questions. No class 11/21.
Instructor: Beth Jonquil
Fee: Member $80/Non-member $90 Classes: 4
CR# DATES DAY TIME LOCATION
26717 10/10-31 W 1-4PM DH-ART
26718 11/7-12/5 W 1-4PM DH-ART

Drawing for Fun
Students will learn to put what they see into beautiful art. Students bring to class 90# weight paper, pencils 2-6-8. No class 11/22, will arrange a make up in class.
Instructor: Jan Wills
Fee: Member $50/Non-member $60 Classes: 4
CR# DATES DAY TIME LOCATION
26079 10/4-25 Th 9-11AM EC-ART
26080 11/1-15 Th 9-11AM EC-ART
26081 11/29-12/20 Th 9-11AM EC-ART

Drawing Out of Your Mind
This drawing course is intended for those who believe they cannot draw. It brings forth hidden drawing abilities we all have. A variety of exercises are employed to gradually loosen students to find their unique, individual talents - For all levels! Supplies - drawing instrument of choice - tablet of drawing paper.
Instructor: Paul McCreary
Fee: Member $40/Non-member $50 Classes: 3
CR# DATES DAY TIME LOCATION
26682 11/6-20 Tu 10AM-12PM EC-GAME

Oil Painting - Local Color - Landscape/Still Life
A road map to strong composition emphasizing value relationships and color temperature. Pushing color by understanding color. SUPPLY LIST given at registration.
Instructor: Beth Ray
Fee: Member $90/Non-member $100 Classes: 3
CR# DATES DAY TIME LOCATION
26450 11/5-19 M 9AM-1PM EC-ART

Oil Painting for Fun
One painting is completed every four classes. Learn basic teaching techniques and art principles. Bring to class a 16 x 20 canvas, basic paints and brushes. No class 11/23, will arrange a make up in class.
Instructor: Jan Wills
Fee: Member $65/Non-member $75 Classes: 4
CR# DATES DAY TIME LOCATION
26051 10/5-26 F 9AM-12PM EC-ART
26052 11/2-16 F 9AM-12PM EC-ART
26053 11/30-12/21 F 9AM-12PM EC-ART

Perspective ... How to Draw the World
Do your drawings often look just a little bit "off?" Do you need a different perspective? Or is that the problem ... the perspective they have is wrong! Here's a concentrated workshop on 1 point, 2 point, 3 point perspective, aerial and atmospheric perspective. Work your way through each of these step by step, with a patient instructor in a friendly environment. Learn all the key tips to making things look right. SUPPLY LIST given at registration.
Instructor: Susan Morris
Fee: Member $75/Non-member $85 Classes: 4
CR# DATES DAY TIME LOCATION
26435 10/23-11/13 Tu 1-4PM EC-ART

Studio Art - Multiple Mediums
This is an opportunity to advance your two dimensional art skills. Pencils, pens, pastels and paints can be explored at your level with focus, lightheartedness and instructor guidance. Bring supplies for your media of choice plus sketch pad, pencil or pen, eraser and your image or idea you intend for your project. Two class minimum. Course unavailable for online registration. Call instructor Beth at 318-9590 with any questions. www.bethjonquil.com
Instructor: Beth Jonquil
Fee: Member 2 classes $40, 3 classes $60, 4 classes $80/Non-member $10 more Classes: 4
CR# DATES DAY TIME LOCATION
26719 10/1-22 M 1-4PM DH-ART
26720 10/1-22 M 5-8PM DH-ART
26721 10/29-11/19 M 1-4PM DH-ART
26722 10/29-11/19 M 5-8PM DH-ART
26723 11/26-12/17 M 1-4PM DH-ART
26724 11/26-12/17 M 5-8PM DH-ART

"Awesome instructors. Can't wait for the next class!"
Therapeutic Doodling
Discover the latest newfangled craze of a quick and easy creative outlet that also creates a zen-like, meditative experience which brings you to a new level of relaxation and can open your mind to intuitive insights. These simple repeating patterns cross continents, centuries of time and many forms of art and craft. They can be created in an unlimited variety, increasing your focus and creativity. No artistic skills required. Minimal time and supplies are needed and they can be created virtually anywhere - anytime. Come see how this therapeutic doodling can have unexpected outcomes. **SUPPLY LIST** given at registration.
Instructor: Susan Morris
Fee: Member $60/Non-member $70 Classes: 4
CR# DATES DAY TIME LOCATION
26447 10/24-11/14 W 1-3PM EC-ART

Watercolor ... Wet 'n Wild!
Learn several experimental and fun new methods that add texture, variety and a spark of interest to your paintings. Cut loose, relax, get a little abstract and let this beast do what it wants for a bit! Give in and let the results of this fascinating medium surprise you! Color theory, and composition and design elements will also be taught, helping you create art with greater expression and impact. Lectures, demos, and friendly feedback are included in each session. New challenges each week! **SUPPLY LIST** given at registration.
Instructor: Susan Morris
Fee: Member $75/Non-member $85 Classes: 4
CR# DATES DAY TIME LOCATION
26448 10/24-11/14 W 9AM-12PM EC-ART

Watercolor for Fun
Let’s get color and looseness in those paintings! Please bring paper and paint to class.
Instructor: Jan Wills
Fee: Member $55/Non-member $65 Classes: 4
CR# DATES DAY TIME LOCATION
26048 10/2-23 Tu 9-11AM EC-ART
26049 10/30-11/20 Tu 9-11AM EC-ART
26050 11/27-12/18 Tu 9-11AM EC-ART

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

Special Interest

**Shakespeare: Poetry and Romance**
For the first time, we will take two weeks to consider one of Shakespeare’s non-dramatic productions, his Sonnets. Then we will turn our attention to an appropriately romantic play, **Twelfth Night**. The instructor has over 30 years’ experience with Shakespeare, from acting and studying at the Bristol Old Vic Theatre School in England to directing and teaching. You may join in lively discussion, read aloud, or just relax and enjoy the time together. Students should bring a **Complete Works of Shakespeare** or the Sonnets and a copy of **Twelfth Night**.
Instructor: Jay Kobler
Fee: Member $50/Non-member $60 Classes: 4
CR# DATES DAY TIME LOCATION
25729 11/20-12/11 Tu 1-3PM ABS-REC

**Company Coming?**
We love having family and friends visit, but life behind that revolving door can become hectic. Be gracious hosts but stay in control of your world. It’s our vacation too! Create a wonderful visit without losing control of your life using the bed and breakfast philosophy to make your life easier. Gather hints and recipes to be the gracious hosts. Material fee $5 paid to instructor at class. Questions about the class please e-mail: lynnmottaz@gmail.com
Instructor: Lynn Mottaz
Fee: Member $30/Non-member $40 Classes: 1
CR# DATES DAY TIME LOCATION
26674 10/17 W 10AM-12PM LC-ACAC

**Downsizing and Decluttering**
It’s time to make smaller look bigger. I must begin, but how? What to keep, what to let go - making this decision is what this class will offer. There are clues, there are steps and there is help. Clutter needs to be manageable - it affects your life. My kids don’t want it and yet I feel this tug so I am stuck - but am I? Find out!
Instructor: Lynn Mottaz
Fee: Member $30/Non-member $40 Classes: 1
CR# DATES DAY TIME LOCATION
26672 10/22 M 10AM-12PM LC-ACAC
Can You Understand Me Now?
Imagine the people you care about clearly understanding you, and you understanding friends and family better than before. How much better would life be! In this course you will learn about, and practice, the details of human rapport skills. Past participants report enhanced relationships and a better understanding of how to prevent misunderstandings. (They recommend this for couples.) We are always communicating in words, pictures and feelings. Most people only listen in one or two of the three modes. In this course we’ll learn how to use all three for optimum communication. We then will apply what we’ve learned in exercises designed to practice specific communication skills. You will be amazed at the difference! $10 paid to instructor for book used during class.
Instructor: David Lichty
Fee: Member $60/Non-member $70 Classes: 3
CR# DATES DAY TIME LOCATION
26604 10/2-16 Tu 9-11AM LC-IRWD

Advanced Communication Skills
Socrates’ guiding rule was "Know Thyself." Learn things about yourself that you have never thought about! You will be more effective in your self-communication by creating a positive outlook, being motivated and achieving your goals. By knowing yourself you gain the ability to also know others. Learn how to understand others so well that you will learn to speak their unique language, enabling you to listen to them with a rare level of respect, taking the time to care and understand about them. Imagine how great life can be when you master these skills! $10 material fee for workbook paid to instructor in class.
Instructor: David Lichty
Fee: Member $60/Non-member $70 Classes: 3
CR# DATES DAY TIME LOCATION
26606 10/23-11/6 Tu 9-11AM LC-IRWD

Communication for Couples
Bring some Zing back! Over time we get into habits, some effective, some less so. The same is true with our communication with our partner and our family. This course will help you identify specific things that you would like to improve in your communication within your relationship - and show you how to do so. Remember how it was when you first got together? Imagine how great life can be when you clear out the gunk and rekindle the essence of your relationship! Material fee $10 for workbook paid to instructor at first class. Fee is per person, discounted if registering with a partner. Course unavailable for online registration.
Instructor: David Lichty
Fee: Member $60/$55/Non-member $70/$63 Classes: 3
CR# DATES DAY TIME LOCATION
26763 11/28-12/12 W 1-3PM EC-GAME

Caring for your Desert Landscaping
Week 1: Do it yourself landscaping basics (pruning, planting, non-toxic weed control, fertilizing). Week 2: What to plant, why and when (trees, shrubs, ground cover, perennials). Week 3: Watering basics (irrigation layout, how to determine how much or how little, water harvesting). Week 4: What’s wrong with my plant? (diseases, insects and diagnosing problems). $8 fee for handouts paid to instructor at class. Instructor is a Landscape Architect, Certified Arborist and has accumulated 25 years of gardening experience in the Green Valley area.
Instructor: Linda Strader
Fee: Member $50/Non-member $60 Classes: 4
CR# DATES DAY TIME LOCATION
26542 10/2-25 Tu 9-10:30AM CR-AMADO
26543 10/27-11/17 Sa 9-10:30AM LC-ACAC
26544 11/27-12/18 Tu 9-10:30AM CR-AMADO

Astronomy - Where are the Bright Stars and Planets?
Learn the location of the 5 brightest planets in the solar system: Mercury, Venus, Mars, Jupiter and Saturn and the best time to look. You’ll also be able to identify 13 of the brightest stars and their constellations, all without the aid of binoculars or telescope. We’ll discuss the birth and death of stars, the solar system, recent discoveries of potential life on other planets, the significance of mysterious Black Holes, time travel, space contraction, Worm Holes and other bizarre events postulated by Einstein’s Theories of Relativity. There will be the option to meet with the instructor during night or morning hours to locate planets and stars studied during class. Material fee $20 for handouts and sky charts including color images of stars, nebula and light spectra essential for scientific analysis, paid to instructor at first class.
Instructor: Park Thoreson
Fee: Member $60/Non-member $70 Classes: 4
CR# DATES DAY TIME LOCATION
26572 10/4-25 Th 9-11:30AM DH-RMA

Night Sky Cosmology
The Night Sky Cosmology power point shows exactly how the phenomenon of the precession of the equinoxes occurs and why this is such an amazing time in history. It includes pictures of ancient sites and discusses how ancient people around the world have created monuments to celebrate celestial timings. Discounted fee if taking same day with Night Sky Viewing Class as it facilitates understanding of what we’ll see that night. This course unavailable for online registration.
Instructor: Gael Chilson
Fee: Member $20/$15/ Non-member $30/$25 Classes: 1
CR# DATES DAY TIME LOCATION
26754 11/8 Th 2-4PM LC-IRWD

REGISTRATION BEGINS MONDAY, SEPTEMBER 10, 2012
Night Sky Viewing
THIS IS NOT AN ASTRONOMY CLASS. Using both MYTHOLOGY and ASTROLOGY, this class explores the Arizona sky at night. We’ll be looking at the constellations along the ecliptic and talking not only about the yearly cycle but also the grand 26,000 year cycle; how the backdrop of the equinox and solstice points as well as how the star we call the North Star changes over time. Bring flashlight and portable folding/lounge chair. Binoculars optional. PLEASE NOTE LOCATION: Class meets in the southwest corner of the Canoa Hills parking lot.
Discounted fee if taking same evening as Night Sky Cosmology. This class unavailable for online registration.
Instructor: Gael Chilson
Fee: Member $15/$10/Non-member $25/$20
Classes: 1
CR# DATES DAY TIME LOCATION
26755 11/8 Th 7-8:30PM SEE ABOVE

Beginning Birdwatching
Southeast Arizona is one of the most popular bird watching areas in America. Get started on this fun-filled pastime with Sandy McMahan, an experienced naturalist (for Arizona-Sonora Desert Museum, Saguaro, Grand Canyon, Rocky MT., North Cascades and Sequoia National Parks and Audubon Society member) who has taught hundreds of people to enjoy watching birds. We’ll talk about choosing binoculars, scopes and good field-guides. The first day includes a two-and-one-half hour class followed by field practice, lunch and ends mid-afternoon. There will be two (non-GVR sponsored) instructor-led follow-up field trips to great birding locales. Bring binoculars, notebook, field-guides if you have them and lunch to first class. Call instructor for information: 648-0054
Instructor: Sandra McMahan
Fee: Member $50/Non-member $60
Classes: 1
CR# DATES DAY TIME LOCATION
26084 10/9 Tu 8-10:30AM EC-LNGE
Field Trip Dates: 10/16 and 10/23
26085 11/8 Th 8-10:30AM EC-LNGE
Field Trip Dates: 11/15 and 11/20
26086 12/4 Tu 8-10:30AM EC-LNGE
Field Trip Dates: 12/11 and 12/18

Arizona’s Mammals
Did you know that Arizona is one of the richest states in terms of the number of mammal species? Or, that there are four different types of skunks in Arizona? This class will explore the diversity of our furred cousins in the state. Since most mammals are nocturnal, this class offers a nice opportunity to see what many of our mammals look like. So join us as we investigate the rodents, carnivores, hoofed mammals, bats and all of the other furry inhabitants of Arizona.
Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26581 10/15 M 10AM-12PM LC-IRWD

Bats, Bats, Bats
A special class for Halloween! Bats are a much-maligned, much-misunderstood group of mammals. In reality, bats are fascinating, diverse, and highly beneficial. This class will explore the diversity, importance, and ecology of these amazing animals. We will also dispel many of the misconceptions that humans have about bats. We will pay particular attention to bat species found in Arizona.
Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26582 10/31 W 10AM-12PM LC-ACAC

Ducks and Geese of Southern Arizona
When most people think about the birds that live in southern Arizona, ducks and geese do not come to mind. However, our area is the winter home for thousands of ducks! Ducks are wonderful birds that are beautiful, easy to observe, and a joy to watch. In this class, you will learn how to identify and classify these ducks and geese. Join us for a look at another type of "snowbird."
Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26583 11/5 M 10AM-12PM LC-IRWD

Raptors Part I: Hawks, Eagles and Allies
Did you know that southern Arizona is the winter home of thousands of hawks and eagles? This class is part of a series that will get you ready for the winter raptor-watching season in southern Arizona. Do you have trouble separating a Ferruginous Hawk from a Red-tailed Hawk? We tackle tricky identification challenges that these birds present and take a close look at the classification, lifestyles, and conservation of these remarkable birds. Join us for a closer look at these wonderful birds as we get ready for Winter Hawk Watching in southern Arizona.
Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26584 11/19 M 10AM-12PM LC-IRWD

Photo courtesy of James Woodward
Raptors Part II: Falcons and Vultures
In this class we continue the Raptors series. Falcons are the jet fighters of the bird world. They are capable of reaching amazing speeds as they go after their prey. One group of falcons, caracaras, are similar in some ways to vultures and are quite different from other falcons in their behavior. Vultures are Nature’s cleanup crew. These birds will never win a beauty contest, but they are remarkable in many ways. Why are falcons and caracaras placed in the same family? How fast can falcons fly? How come vultures don’t get sick when they eat dead things? We answer these questions and learn about the classification, identification, and conservation of these fascinating birds.

Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26585 11/28 W 10AM-12PM LC-ACAC

Raptors Part III: Owls
Owls have captivated the imagination of mankind for centuries, symbolizing everything from evil and death to wisdom and protection. In Part 3 of the Raptors series, we dive into the classification, biology, and conservation of these nocturnal birds. Can’t tell a Whiskered Screech-Owl from a Western Screech-Owl? We also learn the identification of owls by sight and sound. Owls are some of the most difficult birds to see. This class offers a great opportunity to see and hear these remarkable birds.

Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26586 12/3 M 10AM-12PM LC-IRWD

Herons, Egrets and other Water Birds
This class will investigate herons, egrets, cranes, rails, and other birds found in aquatic habitats. The class will not discuss ducks. Some of these birds are quite conspicuous. Others are among the most elusive on the planet. Join us as we discuss the classification, identification, and biology of these beautiful denizens of marshes, swamps and ponds.

Instructor: Jeff Babson
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES DAY TIME LOCATION
26587 12/13 Th 10AM-12PM LC-IRWD

Ecology of the Sky Islands
The Sky Islands Region of southeastern Arizona is endowed with an incredible diversity of plants, animals, fungi and geologic features. In this fascinating combination of lecture and slide show you’ll delve deeply into the area’s Natural History and discover compelling facts about a myriad of species. Learn why the Sky Islands are such a special place to explore nature!

Instructor: Vincent Pinto
Fee: Member $25/Non-member $35
Classes: 1
CR# DATES DAY TIME LOCATION
26771 10/1 M 10AM-12PM LC-IRWD

Thorns, Stingers and Fangs - Welcome to Arizona!
Black widows, poison ivy, rattlesnakes, cacti that "jump" at you, centipedes, kissing bugs, Africanized bees, ants, Gila monsters, scorpions and more - 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 to 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!

Instructor: Vincent Pinto
Fee: Member $35/Non-member $45
Classes: 1
CR# DATES DAY TIME LOCATION
26768 10/1 M 1-4PM LC-OCOT

Create a Backyard Wildlife Oasis
In this in-depth class you’ll discover how to transform your landscape into a haven for a wide range of wildlife species. Via slide shows you will learn firsthand what steps are necessary to create a diverse and beautiful landscape of native plants that attract wildlife. Naturalist and Wildlife Biologist Vincent Pinto will guide you in the processes of: site evaluation, brainstorming a plan, environmentally responsible plant and landscape feature choices, mapping your site plan, purchasing supplies, implementing your landscape plan and long-term maintenance and vision. Whether you have 10 square feet of backyard or acres of land, this valuable class will benefit you and wildlife for years to come!

Instructor: Vincent Pinto
Fee: Member $50/Non-member $60
Classes: 2
CR# DATES DAY TIME LOCATION
26769 10/17 & 31 W 2-4PM EC-AUD

Photo Courtesy of Richard Shimaner
Wild Medicinal Plants - An Introduction to Home Herbalism

Many people are occasionally plagued by a number of relatively minor health problems. In this informative and hands-on class you’ll discover how to use native plants to help with a wide variety of health issues. These include: sore throat, headache, abrasions, low-level infections, upset stomach, indigestion, muscle soreness, minor arthritic pain, skin outbreaks, sore gums, insect or invertebrate bites and stings. Learn how to transform various plant parts into healing oils, salves, teas and tinctures. With some time and skill you may even be able to lower your dependency on pills and other modern drugs! The first meeting will focus on introducing you to various medicinal plants via a slide show. The second meeting focuses on preparing medicines from previously collected plants. Each participant will take home an herbal oil or salve for their use.

Instructor: Vincent Pinto
Fee: Member $50/Non-member $60
Classes: 2
CR# DATES  DAY TIME LOCATION
26770 10/17 & 31  W 10AM-12PM EC-AUD

Facebook Made Simple

Your friends and family have been talking about Facebook for a few years now. It’s new, different and is a great way to keep in touch with loved ones. See photos, read and send notes and more. Attend this easy introduction to the world’s fastest growing communication tool and find out how easy and safe it really is to get started. Your guides will patiently show you how easy it can be. 

BRING YOUR LAPTOP, this is a hands-on course! $10 materials fee paid to instructor (for How-To video clips CD).

Instructor: David Lichty
Fee: Member $30/Non-member $40
Classes: 1
CR# DATES  DAY TIME LOCATION
26602 11/29 Th 9-11:30AM LC-IRWD

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

NO COMPUTER NECESSARY, BUT THERE IS Wi-Fi available. This is a beginner’s class in selling your stuff online. It is so easy, and you can make so much more money than at a garage sale. Sam Yulish, Ph.D., is the author of What To Buy at Garage Sales, Estate Sales, and Auctions that WILL SELL at eBay and Amazon in 2012. He will also show you how to find what’s hot and what’s not. All you need is a camera and a computer (you don’t need to bring it to class) and this course.

Instructor: Sam Yulish
Fee: Member $50/Non-member $60
Classes: 5
CR# DATES  DAY TIME LOCATION
26575 10/18-11/15 Th 10-11AM LC-IRWD

Important Computer Tips for EVERYONE

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

Instructor: Samuel Yulish
Fee: Member $19/Non-member $29
Classes: 1
CR# DATES  DAY TIME LOCATION
26577 12/10 M 10-11:30AM LC-IRWD

Google’s Picasa

Google’s Picasa is the best free piece of photo managing and editing software you can find. What does it do? At its most basic, it’s a photo manager and viewer. Browse through all of your photos, organized by folder, as well as by the year they were stored on your hard disk. It also has a full complement of editing tools, and lets you create CDs full of photos, as well as photo collages, screensavers and posters. It will upload your files to Google’s Web albums photo site, publish your photos to your Blogger blog and plenty more as well. A Laptop Computer with a wireless card to access the internet is preferred but not required in the class.

Instructor: Bob Ogus
Fee: Member $50/Non-member $60
Classes: 4
CR# DATES  DAY TIME LOCATION
26239 10/2-23 Tu 1-3:15PM SRS-KINO
26240 11/6-27 Tu 1-3:15PM SRS-KINO

Photo Management

Tired of having to search and search for a photo? Learn how to systematically tag, file and sort your pictures so that you can find any picture, person or subject in one quick search. Learn how to crop and do basic fixes to your pictures to make them better. We will show you how to change the size, what the different types (jpeg, png, tif, gif, bmp) are used for, how to save them to a CD, backup disk or flash drive and how to send them in an email or drop box. This class will demonstrate using Picasa 3 which we will have for you to install. Required: Basic computer skills, PC Laptop with WINDOWS 7 or VISTA Operating system. **YOU MUST BRING A COMPUTER TO CLASS.**

Instructors: Ron and Susanne Phillips
Fee: Member $50/Non-member $60
Classes: 2
CR# DATES  DAY TIME LOCATION
26756 10/19-20 F-Sa 1-4PM LC-IRWD
26757 11/1-2 Th-F 1-4PM LC-IRWD
26758 12/14-15 F-Sa 1-4PM LC-IRWD
Computer Communications
This class is for the PC user who wants to learn how to use their computer safely for communication and Internet transactions. Practice the basics of navigation. Learn how to attach documents, photos and to download pictures from a phone or camera. Learn how to use the Internet, home and travel phone service, Scareware for viruses, PayPal for online transactions, Skype for voice and video chat, Tweet and other messaging applications. Learn to configure your computer for maximum efficiency and speed. Required: Basic computer skills, PC Laptop with WINDOWS 7 or VISTA Operating system. YOU MUST BRING A COMPUTER TO CLASS.
Instructors: Ron and Susanne Phillips
Fee: Member $50/Non-member $60
Classes: 2
CR# DATES DAY TIME LOCATION
26620 10/18-25 Th 1-4PM LC-IRWD
26621 11/30-12/7 F 1-4PM SRS-KINO

Ripping Music on Your Computer
Ripping is the process of copying audio content to a hard disk, typically from removable media. This class is for music lovers who would like to be able to transfer their music from CD’s to their computer, or download music from the Internet. We will also discuss how to transfer music from cassettes, and even vinyl. You will learn how to make ONE CD hold 100 different songs of only your favorites for use in your car or portable CD player. We will show various ways to conveniently store and file all your audio and video files. Required: Basic computer skills, PC Laptop with WINDOWS 7 or VISTA Operating system. YOU MUST BRING A COMPUTER TO CLASS.
Instructors: Susanne and Ron Phillips
Fee: Member $35/Non-member $45
Classes: 1
CR# DATES DAY TIME LOCATION
26618 11/14 W 2-5PM LC-IRWD
26619 12/4 Tu 1-4PM SRS-KINO

Trips and Tours
St. Anthony’s Greek Monastery and Queen Creek Olive Mill Tour
We begin our day with a drive to St Anthony’s Greek Orthodox Monastery. This oasis in the desert began in 1995 when six Athonite monks were sent to this location in the Sonoran desert to start a new monastery. An elaborate system of gardens, pathways and gazebos connect the amazing structures to create quiet and solitude. (In order to visit the monastery you must adhere to their strict dress code**.) Queen Creek Olive Mill is next on our agenda. This is Arizona's only working olive farm and mill and they produce boutique, hand-crafted extra virgin olive oils. We'll enjoy a delicious lunch and a brief tour at this location before returning to Green Valley. Join us for this fascinating outing. Fee includes transportation, services of a tour director, Monastery donation, lunch (tax and tip), bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.
** Men must wear long pants and long sleeved shirts.
**Women must wear long skirts, long sleeved shirts and scarves to cover heads (Please, no pants/slacks (unless worn under skirts), no tight fitting clothing, no skirts with slits, hats, low-cut blouses, sheer or small scarves.)
**Shoes/sandals must be worn with socks at all times. Please do not wear sheer stockings. Wear comfortable and practical flat shoes while at the Monastery. No high heels, platform shoes or open-toed shoes.
Call Pleasurebent Tours with questions: 520-325-8839
Deadline to purchase tickets, 10/22. No refunds after 10/22.
Fees: Member $84, Guest $89
CR# DATE DAY TIME LOCATION
26921 10/30 Tu 8AM-4PM DH – PARK

Find A Mistake?

"No Shows" are not refundable.

It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.
Shamrock Farms Tour
Shamrock Farms, located outside of Casa Grande, is one of the largest family owned and operated dairies in the United States and we have planned this day to tour the facilities. We begin our day with a visit to the Casa Grande Valley History Museum. Did you know that in 1879 the Railroad came to this area and it was named Terminus? Enjoy the exhibits that relate to the mining and agricultural booms that are unique to the valley. Then we enjoy a delicious lunch at BeDillon's Restaurant - a local favorite. This afternoon we travel to Shamrock Farms where we board an open air tram that takes us around this working dairy farm which is home to 10,000 cows including Roxie the Dairy Godmother. Join us for this educational outing. Fee includes transportation, services of a tour director, admissions, lunch (tax and tip), bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot. Deadline to purchase tickets, 10/28. No refunds after 10/28. Fees: Member $98, Guest $103

Canyon Lake Boat Tour on the Apache Trail
Today we will board our deluxe motorcoach and travel to Canyon Lake, which is located north of Apache Junction. We'll make a rest stop in Florence. For lunch we travel to the Mining Camp Restaurant. This eatery is full of western atmosphere and the platters of food served to our group will make your eyes pop. Then we travel along the paved portion of the Apache Trail. Tucked into the base of the Superstition Mountains is a beautiful man-made lake called Canyon Lake. We board Dolly's Steamboat and cruise Canyon Lake as the captain narrates on the scenery, geology and history of the area. Steep canyon walls ascend out of a crystal blue body of water. This makes for a very enjoyable 1½ hour cruise. We travel home today full of great memories of this wondrous part of the state. Join us! Fee includes transportation, services of a tour director, lunch (tax and tip), boat fare, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot. Deadline to purchase tickets, 11/1. No refunds after 11/1. Fees: Member $99, Guest $103

Pueblo Grande Museum Indian Market and Phoenix Desert Botanical Gardens Tour
Today we travel to the Phoenix Valley to visit several noteworthy attractions. Our morning stop will be at the Pueblo Grande Indian Museum and Archaeological Park. This spot preserves the history of the ancient Hohokam Indians who once inhabited Central and Southern Arizona. Today the museum hosts its annual Indian Market which features over 200 top Native American artists with items such as paintings, sculptures, jewelry and baskets. Native music, dance and food will also be available. A no-host lunch stop will be made so that you can enjoy a hearty meal on Mill Avenue in Tempe. Afternoon we visit the Phoenix Desert Botanical Gardens. This desert garden offers the world's finest collection of arid-land plants in a unique outdoor setting. Enjoy a special exhibit in the garden created by American artist and filmmaker Philip Haas titled The Four Seasons, inspired by the 16th century Italian artists with paintings entirely of such objects as fruit, vegetables, flowers, fish and books. Join us as we explore these two wonderful spots in Phoenix! Fee includes transportation, services of a tour director, admissions, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot. Deadline to purchase tickets, 11/30. No refunds after 11/30. Fees: Member $81, Guest $86

Sabino Canyon Tram, Tanque Verde Guest Ranch and Gaslight Theatre Holiday Show
Today we visit three great attractions in Tucson. Sabino Canyon is a unique Southwestern desert canyon and oasis. We will enjoy a narrated and educational tram ride this morning. Then we partake in a delicious buffet lunch at the Tanque Verde Guest Ranch which is tucked into the foothills of the Rincon Mountains. We promise you won't go away hungry! Then we take our seats at the Gaslight Theatre to enjoy the matinee, Scrooge, a Gaslight Musical. The holiday show at the Gaslight is always wonderful. This small but well run theater does some very funny and creative work. The melodrama style story line finds us booing for the bad guy and clapping for the hero/heroine. We hope you join us as we take in these three special Tucson attractions along with a delicious lunch. Fee includes transportation, services of a tour director, Sabino Canyon tram ticket, buffet lunch (tax and tip), show ticket, bus refreshments and driver tip. Deadline to purchase tickets, 11/26. No refunds after 11/26. Fees: Member $102, Guest $107

REGISTER ONLINE AT WWW.GVREC.ORG OR CALL 625-3440! REGISTER EARLY!
What's Happening This Fall

SEPTEMBER
7  F  Movie
   "Sherlock Holmes: A Game of Shadows"
12 W  Movie
   "Extremely Loud, Incredibly Close"
15 S  Special Event
   Goodbye to Summer BBQ with DeLon
21 F  Movie
   "Tinker Tailor Soldier Spy"
26 W  Movie
   "We Bought A Zoo"

OCTOBER
4  Th  Concert
   Cocktails in the Courtyard
5  F  Movie
   "Dr. Suess The Lorax"
11 Th  Concert
   "Mitch Seekins sings The Great Tony Bennett"
18 Th  Concert
   April Verch
24 W  Movie
   "Snow White and the Huntsman"
30 T  Concert
   Quartango with Roxana and Fabian
**NOVEMBER**

1  Th  Concert  
   Andy Hackbart

3  F  Movie  
   "Warhorse"

8  Th  Concert  
   Jan Daley "Where There's Hope"

9  F  Movie  
   "The Great Escape"

11 Su  Special Event  
   A Veteran's Day Salute

20  T  Concert  
   The Merling Trio

29-30 Th-F Special Event  
   Valley Players "The Dixie Swim Club"

**DECEMBER**

1-2  S-Su  Special Event  
   Valley Players "The Dixie Swim Club"

6  Th  Concert  
   Ang Li

11  T  Concert  
   John Maxwell  
   "Oh, Mr. Faulkner, Do You Write?"

14  F  Movie  
   "The Best Exotic Marigold Hotel"

16  Su  Special Event  
   "Slap Happy Holidays with Joey and Regina"

18  T  Concert  
   TSO Pops! "Jingle Bell Pops!"

28  F  Movie  
   "New Year's Eve"

31  M  Concert  
   New Year's Eve Celebration with  
   Jesse Peters Trio

All performances are held at the West Social Center, 1111 S. Via Arcoiris. Doors open one half hour prior to the event. Tickets are $1.00 more at the door. Please see Keeping Current for additional ticket information.
Join Green Valley Recreation for the 1st Annual Member Assistance Program Benefit Concert. This premiere event will be a wonderful night of entertainment that supports the Green Valley Recreation Member Assistance Program. Your attendance is a great way to show your support for fellow members of the Green Valley community. The Green Valley Recreation Member Assistance Program assists those members who are faced with financial hardship and need assistance paying their dues. For every ticket purchased to the concert, $2 will be donated to this program.

The evening begins with a silent auction in the West Center lobby. Browse through a collection of beautiful items donated by local artists, vendors and restaurants. Take a chance and bid on a treasure while helping a worthy cause. All funds collected from the silent auction will go directly to MAP.

At 7:30PM, Tucson Symphony Orchestra takes the stage. TSO Pops! “A Night at the Movies” is a concert not to be missed. Join Green Valley favorite Bob Bernhardt and the Tucson Symphony Orchestra for a musical night at the movies, with classic film favorites and new hits. “Old Hollywood” will include My Fair Lady and Tara’s Theme from Gone with the Wind. “New Hollywood” will include selections from Chicago, the beautiful Gabriel’s Oboe from The Mission and music of the incomparable John Williams.

For a completely unique concert experience, purchase a seat in the Premiere Seating section. By purchasing a seat in the Premiere Seating section, you are guaranteed a seat in one of the first five rows of the auditorium. Premiere Seating can be purchased in addition to the cost of your ticket for $10. The entire $10 will go directly to MAP. There are only 60 Premiere Seats available so this seating is extremely limited. Premiere Seating will be available on a first come, first served basis. You will choose your specific Premiere Seat on the night of the show.

Come out for an entertaining evening at GVR and help support your friends and neighbors in need! The silent auction bidding begins at 5:30PM. Doors open at 7PM and the concert begins at 7:30PM.

Ticket prices are $36 Members, $38 Guests, $40 General Public.

Tickets for this event on sale December 1, 2012.
GVR COURSE REGISTRATION FORM

Please complete the entire form to avoid delays in the processing of your registration. Print all information clearly. Fill out one form per person (the reverse side may be used for additional registrants). Members are responsible for reading the class cancellation policy. Class location, days and times are subject to change.

Name ____________________________________________

Address ________________________________

(at time of registration)

GVR# ______________ Phone# ______________ E-mail ________________________________

Cell Phone# ________________________________

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[ ] VISA [ ] MASTERCARD

Credit Card Number: ________________________________

Expiration Date: ________________________________

Name on Card: ________________________________

Signature: ________________________________

Total Class Fees $ ________________________________

OFFICE USE ONLY

SESSION: ________________________________

STAFF INITIALS: ________________________________

DATE PROCESSED: ________________________________

SUPPLY LIST: ________________________________

* Please make Checks or Money Orders payable to: Green Valley Recreation, Inc.
* Mail registration form and payment to: Green Valley Recreation, Inc.
  PO Box 586 Green Valley, AZ 85622. DO NOT SEND CASH THROUGH THE MAIL.
* You can also register online at www.gvrec.org!
GVR COURSE REGISTRATION FORM

Please complete the entire form to avoid delays in the processing of your registration. Print all information clearly. Fill out one form per person (the reverse side may be used for additional registrants). Members are responsible for reading the class cancellation policy. Class location, days and times are subject to change.

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Address
(at time of registration)

GVR#    Phone#    E-mail

Cell Phone#

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  PO Box 586 Green Valley, AZ 85622. DO NOT SEND CASH THROUGH THE MAIL.
* You can also register online at www.gvrec.org!
Green Valley Senior Games

Registration for the 2013 Green Valley Senior Games begins on January 2nd. Our games, which take place during the month of March, are open to the public with over 20 events for senior ages 50 and older. Applications will be available at all GVR recreation centers and online at www.gvrec.org, follow the sports link. The deadline to register is February 14th.

Green Valley Senior Games
2013 T-Shirt design winner

Ham Boynton

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GVR Professional Services

GVR's fitness professional, Glenda, can provide instruction on the proper use of equipment, assess your fitness level, improve your current workout routine or develop an exercise program just for you! Training is conducted at Las Campanas, Santa Rita Springs, Desert Hills, East Social Center, Canoa Hills and Canoa Ranch. There is a fee paid to the trainer for her services. Please contact Glenda at the phone number listed below to schedule an appointment.

Tennis lessons, for individuals or groups are available through GVR's Tennis Professional. Ray is available by appointment at the phone number listed below. He has over 20 years experience in the field and is ready to help you improve your tennis game!

Personal Trainer Available to GVR's Members

GLENDA MARTINEZ
Phone: (520) 298-3941 or (520) 979-1216

- Specialized Exercise Training (SET)
- American Council on Exercise Certified
- Certified Older Adult Fitness
- Licensed Practical Nurse
- Post Rehabilitation Conditioning Specialist, over 25 years experience. There is a fee for this service.

Take Tennis Lessons with GVR's Teaching Tennis Professional

RAY WARDLAW
Phone: (520) 625-0274

- Available for private or group tennis lessons
- USPTA Pro 2
- Over 20 years of instructional experience

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

GRILL
*2 Great Restaurants
*Daily Specials
Grill on Green
Abrego Grill

GOLF
*36 Championship holes
Canoa Ranch
Torres Blancas

SPA
*Massage
*Manicure / Pedicure
*Facial

(520) 382-0450