

## OLDER ADULT-OPEN TO ALL

### PHYSICAL FITNESS CLASS

Class is designed for those who wish to acquire or maintain excellent physical and mental health. This class includes body toning, strength training, endurance, posture, balance and flexibility exercises for all levels of fitness. The atmosphere of class is friendly, welcoming and informal. Musical choices range from Glenn Miller to Frank Sinatra.

10:00-10:45am aerobics (exercise to music)

10:45-11:45am strength training, flexibility (resistance bands and light hand and balance, weights are provided)

Students are invited to any and all sections of class.

**Sally Griffin Active Living Center**  
**M,W, Th 10:00-12:00 noon**

**Fee: \$25 per term**

**Joan Nattress/LaVerne Baker Leyva**  
**55 years and older Free**

### FITNESS THROUGH MOVEMENT

Increase your stamina, strength and balance through a variety of traditional exercise and dance movements, including tap. Wear loose comfortable clothing and shoes.

**Sally Griffin Active Living Center**  
**T 10-11:30am all terms**

**Fee: \$25 per term**

**Janet Light**

**55 years and older Free**

### ART APPRECIATION I

Discuss and study the Elements of Western Art and the Principles of Design as used by the Master Painters from the Italian Renaissance through the French Impressionist to the Modern Art Periods. This Master Art series will enrich your mind and expand your knowledge through lively lecture, film, literature and slides of the world's masterpieces.

**2nd W 6:30 - 8:30pm**

**Forest Hill Manor, Fireside Lounge**

**Jean Scholefield Free**

### PRINCIPLES OF DRAWING

Basic exercises to facilitate seeing with the artist's eye. Composition, line, emotion, gesture and imagination with various subjects will be practiced.

**Room: Annex**

**M 9:30am-12 all terms**

**Fee: \$40 per term**

**Veronica Baez**

### CARTOONING MADE EASY

Develop basic styles in cartooning from facial features, expressions, and attitudes, to body movements showing exactly how to make the cartoon personal. (Bring drawing pad, pencil, eraser, and enthusiasm).

**Room 10**

**W 5:30-8:30pm all terms**

**Fee: \$40 per term**

**Lawrence Bell**

### PORTRAIT PAINTING AND DRAWING

Painting and drawing portraits from costumed live models is challenging and exciting. Individual instruction will enable beginning and advanced students to excel. All styles and abilities welcome.

**Room: Annex**

**M 2-5pm all terms**

**Fee: \$40 per term (plus \$5 model fee)**

**Marie Gilmore**

### DRAWING FOR PLEASURE

Exercise your mind and develop drawing skills in this fun and beneficial class. All experience levels are welcome to enroll at anytime. A variety of techniques and subjects will be covered as well as time for individual projects. Some materials provided in class or bring your favorite drawing supplies to use.

**Room: Annex**

**M 6-8pm all terms**

**Marie Gilmore**

**Fee: \$40 \$20 55 years and older**

## OLDER ADULT - OPEN TO ALL

### PRINCIPLES OF DRAWING/DRY MIXED MEDIA

Ideal course for beginners or those wishing to improve their drawing skills. Enjoy the learning process. Be guided through the basic principles of drawing and techniques, including, contour line, gesture, composition, shading and basic perspective. A variety of media including pencil, graphite, charcoal, pastels and ink. Students are encouraged to explore and develop their own exciting and personal expression. Some supplies will be supplied.

**Room: Canterbury Woods (check in at Main Entrance for classroom assignment)**

**F 9:30-11:00 am**

**Fee: \$40 per term (+ \$5 for materials)**

**\$20 adults 55 years and older**

**Veronica Baez**

### BEGINNING PAINTING

Learn the basics of painting, color theory, and aesthetics. Methods of applying paint will be explored through creative exercises.

**Room: Annex**

**Fee: \$40 per term**

**Th 9:30am-12 noon**

**Veronica Baez**

### ARM CHAIR TRAVEL

Join us as we "travel" to distant lands through shared experiences, film and lecture. Bring along your memories, artifacts and souvenirs to share with the group as we explore various lands and cultures. Come and improve your memory ability and discussion skills while having fun in this interactive class!

**4th Monday 12:30-2:30 PM**

**Canterbury Woods, The Lounge**

**Jean Scholefield Free**

**4th Wednesday 6:30-8:30 PM**

**Forest Hill Manor, Fireside Lounge**

**Jean Scholefield Free**

### BIRDS OF MONTEREY COUNTY

Increase your appreciation and understanding of our local birds through field trips. Learn about birding basics: identification techniques, bird behavior, migration patterns, as well as the varied habitats used by the many local species. Class meetings will be at varied locations as we explore our rich Monterey bird life. Location schedule available by contacting the instructor at 373-2019 or [bjweed@Montereybay.com](mailto:bjweed@Montereybay.com)

**Room: 4 (first class only)**

**M or T 8-10am all terms**

**Fee \$10 per term**

**Brian Weed**



### COMPUTER TOPICS

Exciting current topics for the new user and the seasoned user will be discussed and demonstrated during class. Both Mac and PC topics will be covered from beginning word processing to digital photos, editing, creating slide shows and emailing.

**Forest Hill Manor, Fireside Lounge**

**M 2-4pm all terms**

**Kathleen Sonntag**

**Canterbury Woods, Auditorium**

**T 3-5pm all terms**

**Hillary Bennett**

**Free**

**OLDER ADULTS/WORKSHOPS/ADULTS WITH DISABILITIES**

**COMPUTERS - WHAT CAN THEY DO FOR YOU?**

Computers offer resources that we couldn't imagine even 5 years ago. Learn about "Facebook" to see photos of your friends and relatives. Take a virtual tour of a favorite neighborhood anywhere in the world via Google Earth.

*Room: Sally Griffin Active Living Center, Meals on Wheels of the Monterey Peninsula  
Kathleen Sonntag  
Fee: \$25 55 years and older Free*

**HEALTH FAIR AT SALLY GRIFFIN CENTER FRIDAY MARCH 20TH**

*Drop by 10-2pm and check out the health care choices available to you! Assessments, panels, medical practitioners on site and lots more! Call 375-4454 for more info.*

**CUBICLE YOGA - YOGA FOR THE WORKPLACE**

Turn your work space into a stress-free zone! In this workshop we will explore chair yoga to relieve chronic tension in the neck, shoulders, and lower back.

*Room: 10  
March 7  
9:30am-12:30  
Fee: \$30  
Bonnie Bragg*

**TOUR OF THE HISTORY OF THE MONTEREY PENINSULA THROUGH MOVIES**

See the rich history of the Monterey Peninsula through the eyes of Hollywood! Nearly 200 movies have been filmed on the Monterey Peninsula. (see page 14 for full description)

**Pre-register at Pacific Grove Adult School office.**  
*2nd Sundays or 4th Tuesday of the month  
Fee \$45*

**WILDFLOWER WALK**

The Santa Lucia Preserve Trapper's Loop Trail. Meet at 9:00a.m. at The Santa Lucia Preserve Visitor's Center Bring lunch and water

*M, March 30  
9:00a.m.-1:00p.m.  
Fee: \$5  
Kirsten Parrish-Stember*

**BIRDS OF THE SANTA LUCIA PRESERVE**

Potrero Canyon  
Meet at 9:00 at The Santa Lucia Visitor's Center  
Bring a snack and water

*M, April 27  
9:00a.m.-12:00p.m  
Fee: \$5  
Kirsten Parrish-Stember*

**BUTTERFLY WALK AT THE SANTA LUCIA PRESERVE**

Potrero Canyon  
Meet at 9:00a.m. at The Santa Lucia Visitor's Center

*Sat, May 30  
9:00a.m.-12:00p.m.  
Fee: \$5  
Kirsten Parrish-Stember*

**ADULTS WITH DISABILITIES**

The Pacific Grove Adult School continues its constructive longtime partnership with Gateway Center in Pacific Grove. Developmentally disabled adult students of all ages and levels of ability work with adult education teachers to enhance and enrich their lives, while learning to be capable and productive citizens of the community.

Gateway students learn functional reading, calendars, computers, time telling, money counting and other practical skills in functional academic classes taught by Arlen Grossman. Students also enjoy expressing themselves through myriad artistic endeavors under the guidance of artist Chris Moore. Self expression through language arts and movement skills are developed in class with Bonnie Bragg.