



Winter 2017 Senior Classes



Online Registration! www.accessduarte.com quick Links > Register for Recreation Programs beginning December 5 at 6:00 a.m. Walk-in registration begins at 9:00 a.m. Registration hours are Monday - Friday, 9:00 a.m. – 2:00 p.m. All classes are for adults 55 years and older. NO REFUNDS.

Please note that no classes will be held on Monday, January 2 as it is an observed holiday and the Senior Center will be closed.

Fee Classes

Time	Day	Begins	Fee
Ballroom Dance – 10-week session. Discover the beauty and fun of Ballroom Dancing. Come learn to dance with Bill and Margaret Berry who have taught dancing on Cruise Ships around the world. You'll start with basic steps.			
1:00-2:00 p.m.	Fri	1/6	\$35
Cross Fit – 10-week session. Instructor Shelly Amaro will lead you through steps/weights/resistance bands, and floor stretch. Wear comfortable clothes.			
10:15-11:15 a.m.	Wed	1/4	\$10
Exercise With Shelly – 10-week session. Join Shelly in keeping your body fit. Loose clothing and comfortable shoes are recommended.			
10:15-11:15 a.m.	M/F	1/6	\$20
Intro to Computers – 8-week session. Never touched a computer? Explore the basic skills to enrich your knowledge and understand the terminologies. Experienced learners can sharpen their skills. Hands-on practice can accelerate students to master the computer. Lab and supply fee: \$10 payable to instructor.			
2:00-2:45 p.m.	Fri	1/6	\$65
Piano/Keyboard – 10-week session. Instructor Roxie Arnot will teach you how to play the piano at the beginning or intermediate level.			
9:00-10:00 a.m.	Thu	1/5	\$50
10:00-11:00 a.m.	Thu	1/5	\$50
Pompeii A.D. 79: Daily Life in an Ancient Roman City 8-week session. Instructor is Professor Gordon Dyer. \$15 supply fee payable to instructor.			
10:00-11:15 a.m.	Fri	1/6	\$40
Sewing – Class will focus on machine familiarization, reading patterns, taking measurements, installing zippers, making buttonholes, and completing a simple project. Instructor is Susana Capra. Limited to the first 6 to arrive.			
10:30-12:00 p.m.	Mon	on-going	\$2 per class
Strength Training – 10-week session. This class, instructed by Leslie Lollar, is designed for seniors who want to increase their muscular strength. Classes are held at the Duarte Fitness Center.			
1:00-2:00 p.m.	T/Th	1/10	\$70
Western Line Dance – 10-week session. Instructors are Bill and Margaret Berry.			
Beg. 10:15-11:45 a.m.	Thu	1/5	\$35
Yoga – 8-week session. This class works on increasing flexibility and balance using breathing techniques, gentle stretching, and meditation. Instructor is Betsy Laban.			
9:00-10:00 a.m.	Thu	1/5	\$24

Free Ongoing Classes

Time	Day
Cardio Fitness –Join instructor Adriana Florio as she leads students in a fun aerobic exercise program.	
9:00-10:00 a.m.	Tue
Ceramics – Instructor is Mary Pat Paddock. Students must purchase own supplies. Class is full. Please add your name to the waiting list at front desk.	
9:00-11:30 a.m.	Tue
Chess – Make new friends while keeping your mind sharp. Players of all skill levels are welcome. Players may bring their own set or purchase from instructor. Instructor is Les Fujimoto.	
1:00-2:00 p.m.	1 st & 3 rd Friday of each month
English As A Second Language – Instructor Frances Fierro will teach you conversational English.	
9:00-10:00 a.m.	Tue
Guitar (Intermediate) – This class is currently full. If you are interested in this class, please add your name to the waiting list at front desk.	
12:30-2:30 p.m.	Tue
Guitar (Beginning) – This class is currently full. If you are interested in this class, please add your name to the waiting list at front desk.	
12:00-1:00 p.m.	Thu
Knitting – Marilyn Huebert will share her talent.	
9:00-10:00 a.m.	Mon
Martial Dance - This class is a very unique approach that uses traditional Chinese dances to exercise body & mind. Instructor is Mary Liu.	
1:30-3:30 p.m.	Thu
Oil Painting – Join instructor Barbara Cervantes who displays a unique post-impressionist approach to oil painting, bringing together several elements of impressionism and realism.	
1:00-4:00 p.m.	Wed
Spanish-Beg. – Gloria Morejon will teach you basic beginning Spanish. \$10 disk fee payable to instructor.	
1:00-3:00 p.m.	Mon
Spanish-Adv. Beg. – Gloria Morejon will teach you basic level Spanish. \$10 disk fee payable to instructor.	
1:00-3:00 p.m.	Wed
Tai Chi/Qigong – This gentle form of exercise is designed for all levels.	
9:00-10:00 a.m.	M/F
Watercolor - If you've always wanted to paint or you haven't painted for a while, this class is for you! Includes watercolor teacher demonstrations, tips in color mixing, brush techniques, and more! Instructor is Jim Kelley.	
1:00-3:00 p.m.	Mon