

# **Levy Senior Center Fall 2021**

## **Art and Dance Classes**

### **Clay Hand Building and Glazing**

Using a variety of clay, tools, methods and imagination, learn how to hand build. Slab roller and extruder are available for use. Fee includes instruction, firing and supplies. Space is limited. In-person program only. Instructor: Vivian Visser.

Fee: 7 Sessions: \$81 Levy Member; \$101 Non-Member

Mondays, November 1 – December 13, 9:30am-12:30pm, Code: 534627C1

Mondays, November 1 – December 13, 1-4pm, Code: 534627D1

### **Advanced Clay Hand Building & Glazing**

This program is for students who have taken previous clay hand building classes and have prior experience working with clay. Students will continue to learn clay building and create with advanced molds. Instructor: Vivian Visser. In-person program only.

Time: 9:30am-12:30pm

Fee: 7 sessions: \$91 Levy Member; \$111 Non-Member

Wednesdays, November 3 – December 15, Code: 534629B1

### **Clay Animal and Masks**

Lions and Tigers and Chickens. Oh My! Learn to create realistic animals out of clay as figurines or wall hanging masks. Completed projects will be fired and glazed. I will walk you through the process step by step. All levels are welcome. Instructor: Vivian Visser

Dates: Tuesdays, November 2 – December 14, Code: 534628B1

Time: 1pm-4pm

Fee: 7 sessions: \$81 Levy Member; \$101 Non-Member

### **Continuing Line Dancing**

Wednesdays, 2:15pm-3:15pm

This class is for dancers with previous line dance experience. The dance level of this class is "high beginner." This class is only being offered in-person only.

Fee: 7 sessions: \$49 Levy Senior Member / \$69 Non-member

Wednesday, November 3 – December 15, 2:15pm-3:15pm, Code: In-person 534607C1

### **Line Dance Practice**

If you haven't danced for a while and would like a refresher class or if you just prefer less complicated choreography - this is the class for you. NOTE: If you have never line danced before you are welcome to attend this class. It might take you a few weeks to get up to speed with the other members of the class but I think you'll enjoy it and find it is worth it. Basic knowledge of steps and terminology and previous line dance experience would be helpful. This class is being offered in-person only.

Fee: 7 sessions: \$49 Levy Senior Member / \$69 nonmember

Wednesday, November 3 – December 15, 1-2pm, Code: In-person 534608C1

### **Adult & Senior Ballet Class**

Regain your ballet technique or try for the first time. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro. All exercises are encouraging our bodies to explore grace and strength. Ability to modify. This program is being offered in-person and virtually. Instructor: Nichola Goss. Location: Dance Room.

Fee: 7 sessions, \$49 Levy Member / \$69 Non-Member

Wednesday, November 3 – December 15, Code: In-person C1

Code: Virtual D1

### **Adult and Senior Modern Dance**

Improving your coordination, muscle tone, and flexibility through Modern Dance. Class contains warm ups, isolations, progressions across the floor, improv from personal response to stimuli, and learn choreography. Clothing with freedom to move, no shoes or socks with grip soles. Instructor: Nichola Goss. Location: Dance Room

Fee: 7 sessions, \$49 Levy Member / \$69 Non-Member

Wednesday, November 3 – December 15, 11:30am - 12:15pm, Code: In-person 534631C1

Code: Virtual 534631D1

### **BeMoved**

BeMoved(R) Dance Class: BeMoved inspires participants to embrace dance as a lifelong path to health, joy and fulfillment. We believe that movement, expressed through dance and music, has a transformative power that enriches a person's wellbeing above and beyond the well-known physical benefits. In a full class, you will experience BeMoved's Warm-Up, Genre, and Cool-Down. The Warm-Up infuses breath and movement in artistically choreographed sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous and engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body and soul – feeling rejuvenated. The class is a 50 minute, standing class that will take you dancing through the decades! Some styles you will explore are Backup Singer Moves (1950's), Stylized 60's, Disco, Latin, Bollywood, World Beat Fusion, Steps That Swing, and many more! This class will be held in-person only. Instructor: Heidi Mokrzycki

Date: Tuesdays, November 2 – December 14, Code: In-person 534632B1

Time: 10:30am – 11:20am

Fee: 6 session: \$48 Levy Member / \$63 Non-Member

### **Ukulele for Seniors**

This class is for beginner level students and those with some experience who want to refresh and improve their skills. Come and learn the fundamentals and basic chords of the ukulele so that you can play songs you love. Folk, country, Motown, pop, we play it all! All types of Ukuleles are welcome with the exception of baritones. Don't own a Ukulele, but want to learn? Pre-register for this class at least one week in advance, pay a \$35 instrument deposit and we will order a ukulele for your own. If you decide that you are unable to continue the course you will be refunded your deposit as long as the ukulele is returned in good condition. No Class 11/25

**Instructor:** Lorraine Williams

**Location:** Levy Center

**Fee:** \$56LM/\$76NM

Class#	Dates	Days	Time	Type
534610A1	Sept 9- Oct 21	Th	12-1pm	In-person/Virtual
534610B1	Oct 28- Dec 16	Th	12-1pm	In-person/Virtual

### **Senior Ukulele Ensemble**

Looking for some fun people to play ukulele with? If you already know 2-3 strum patterns and 10-12 chords you will be able to have a lot of fun with this group. We play a wide variety of music from the 40s to the 70s and hold ukulele sing-along concerts at the Levy Center 3-4 times a year. This class will be held virtually and in-person. No class on 11/25

**Instructor:** Lorraine Williams

**Fee:** \$56LM/\$76NM

Class#	Dates	Days	Time	Type
534611A1	Sept 9- Oct 21	Th	1-2pm	In-person/Virtual
534611B1	Oct 28- Dec 16	Th	1-2pm	In-Person/Virtual