



Continuing Education Classes and Clubs

Bible Study Club*

This is an interesting and enlightening study of the gospels and other books. Discussions are passionate and thought provoking. Led by Jerry Witte. Mondays 10:30-11:30 am



Citizen Activist Club

This club is not just for talkers or whiners! This club seeks writers, thinkers, public speakers, informed people who are willing to put words into action. The agenda for this club is local issues that directly impact the senior community. Our work is to educate ourselves and write letters to local papers and present our issues to the Olympia City Council. We seek members who have a sense of humor and can collaborate with others to form a group consensus. This club is a great companion to our Community Awareness Club, which hosts speakers related to local issues. Mondays 2:00-3:30pm.

Current Issues Class

Join a group discussion of world, national, state & local issues. Examine positions & comments of public figures. Add to your knowledge, broaden your perspectives, and recognize diversity of viewpoints. Everyone's political preference and opinions are respected. Tuesdays 10-11:30 am

Fishing Club



Join us as we lay the groundwork for Senior Services' first fishing club. We will plan fishing trips and shape the future of the fishing club. This club is wheelchair accessible. Wednesdays 1 pm

How to Listen to and Understand Opera Class

Through this series of lectures from Dr. Robert Greenberg, you can learn to understand and appreciate opera. From the course guidebook: "With the knowledge of opera from this course, you will understand how music has the power to reveal truths beyond the spoken word; how opera is a unique marriage of words and music in which the whole is far greater than its parts. You will learn the reasons for opera's enduring popularity, and you will be able to explore in great depth the extraordinary and compelling world of opera." Our very own Stephanie Claire facilitates this class. Mondays 10-11:30 am

Newcomers and Community Awareness Club

Do you want to learn about Olympia? This group explores all aspects of our community from culture to politics to communications to medicine to whatever catches their fancy. If they get curious about something they invite in a speaker or take a field trip to find out the information first hand. A wonderful group to get to know if you are new to the Olympia area, new to the Senior Center, or just plain curious. Facilitated by our own Sara Thiessen. Wednesdays 10:15-II:30am

Poetry Writing Club

Express yourselves! Write your thoughts, emotions and memories in poetry form. Use words to color our world. Come join our group. Great creative fun! Tuesdays 10-II:30am

Reading Group Club

Facilitated by Meagan Murphy Ross, the group will read aloud poems & share short stories. Meagan brings contagious enthusiasm and a vast library to this club. Discussions are lively and many life experiences are shared. Bring one of your favorite writings (either your own or from your favorite author) and join us.

Thursdays 1-2 pm

Peoples and Cultures of the World Class

What do we as humans share and what makes us different? What sorts of behavior are acceptable and what are not in different societies? What can this tell us about ourselves as human beings? This course addresses these questions and more by examining a wide variety of cultures, and in doing so, it soon becomes evident how anthropology acts as a "mirror for humanity," teaching us about ourselves and about others. This is another class from the series "The Great Courses" and features Professor Edward Fischer from Vanderbilt University, and facilitated by Eileen McKenzieSullivan and Brian Hollander.

Tuesdays 1-2:30 pm

Readers' Theater Unlimited (Club)

Readers' Theater Unlimited was formed to provide its members with an opportunity to act out scripts without the necessity of memorizing lines. The plays are one-act or brief adaptations of longer productions. No acting experience necessary. All ages are welcome to try out. We have quarterly performances at both Olympia and Lacey Senior Centers.

Rehearsals are weekly. Tuesdays 1-3pm

Show & Tell Club



This club is made up of Seniors that have a talent or background that they wish to share with a group. Come to listen or come to share. First meeting will be devoted to greeting and meeting participants, and brainstorming a list of presentations by group members.

Thursdays 10-11:15 am

Vision Impairment Support Group (Club)

Meets the third Tuesday of each month.

Subjects covered include low vision services, nutrition, new products and storyteller. Facilitated by Ellen Phillips.

Third Tuesday of each month 10-11:30

Games and Cards

Bridge Club

Learn to play or brush up on old skills. No Pressure, just fun! We play party bridge and

have lots of laughs. Facilitated by Lynda Thompson. Thursdays 12:30-3:00 pm

Pinochle Club

Join Helen Parrish and friends for a Tuesday afternoon of Pinochle and fun. This group has grown since last year and has a wonderful enthusiasm for the game. All levels of play are welcome. Tuesdays 1-3:30 pm

Scrabble Club

The purpose of this club is to provide a venue for individuals to meet and enjoy playing Scrabble. Our goal is to accommodate all individuals who love Scrabble! Wednesdays 1-3 pm

Language Classes

Spanish Language- Beginning

This class is a continuation of the introduction to Spanish. This class is for students who want to continue their process of learning and speaking Spanish. Learn the basics and have fun doing it. Taught by the patient and ever-inspiring Marita Herrera. Thursdays 1:30-2:30, \$12 Instructor fee

Spanish Language-Intermediate

Students must have instructor's permission to enroll. Students that have successfully Taught by Marita Herrera, this course includes advanced level grammar. completed Marita's beginning class may also enroll.

Wednesday 1:30-2:30 pm \$12 Instructor fee

Spanish Language-Advanced

Join Marita Herrera and other Spanish-speaking friends for conversation & light instruction. This class is for students currently studying Spanish who want to strengthen their skills.

Tuesdays 1:30-2:30 pm \$12 Instructor fee

Beginning Sign Language

Hello, my name is Jesse Maichelli and I'm the STARS Director here at the Olympia Senior Center. I am really honored to teach beginning Sign Language—a language that uses manual communication, body language and lip patterns instead of sound to convey meaning, simultaneously combining hand shapes, orientation and movement of the hands, arms or body and facial expressions to express fluidly a speaker's thoughts. Learning Sign Language as an adult is especially important for memory, mental exercise and all the benefits that come from learning a new language. I am an Evergreen State College graduate with three years college sign experience. I am not deaf or hard of hearing, but I believe in honoring and respectfully helping others to learn such a wonderful form of communication. I hope anyone who loves language or wants to understand more about deaf culture will join me. Again, this is a basic class where we will learn essential elements of sign and everyday words as well as sentences. Mondays 1-2 pm

Arts and Crafts

Knitting & Crocheting Club

Come learn a new skill or share your talent and skills with others. Make new friends; learn a wonderful meditative craft and share ideas and enthusiasm for the fastest growing craft in America. Facilitator: Shirley Reed. Fridays 9:00-11:00 am

Watercolor Classes

Please join us to explore the beauty of watercolors. A materials list will be provided on the 1st day of class. Taught by Anita Ellison.

Beginning: Mondays 9:30-10:30 am

Intermediate: Wednesdays 9:30-11:30 am

Advanced: Mondays 1-3 pm

\$12 Instructor Fee

Woodcarving Club*

Come learn the skill and art of woodcarving. Beginning and advanced students are welcome. Fridays 9-11 am

Documentary Film Club*

Come join us as we learn interesting stories by studying the medium of film. Some of the tales are political, some are cultural, some are about nature...get the picture? Most of the documentaries shown have won prestigious awards, such as the top film at Sundance, the Academy of Motion Pictures, and others. Facilitated by our own Chris Quimby. Fridays 9:30 am-12 pm

Fitness and Exercise

EnhancedFitness©

An exercise class designed by the University of Washington and Group Health to help seniors improve overall health, balance, flexibility, bone density, endurance, coordination, mental sharpness and to decrease the risk of falling". \$25.00 a month. Group Health pays for their members age 65 or older. Trained instructors, Anna and Sandy, have fun and offer unique classes using hand weights, stretch bands and enthusiasm.

The class meets every Monday, Wednesday, and Friday year around.

9:00-10:00 am- Advanced

1:00 -2:00pm Basic

2:30-3:30pm Intermediate

Monday Walkers*

Monday Walkers (Questers) meet at the Lacey Senior Center. They are a social group that likes to walk nature trails. Often they bring a sack lunch or stop at a local restaurant. The walks are generally about two or three miles. Leader is Don Albers. **Depart from the Lacey Senior Center Mondays at 9:30 am**

HealthySteps: Tuesday/Thursday Walkers (Club)

Come walk around Capital Lake or in bad weather join us for a ride up to the mall to walk indoors. This class is targeted at Seniors of all ages and levels of fitness. This program requires no fee, except Senior Center membership and is funded by the Healthy Aging-Activities Coalition/Puget Sound Senior Games.

Led by our own Anna Schrier. Wear sturdy shoes and comfortable clothing.

Depart from the Senior Center Lobby Tuesdays & Thursdays at 9:00 am.

Modern Dance Class

Modern Dance is a style of theatrical dance that rejects the limitations of classical ballet and favors movement derived from the expression of inner feeling. This specially designed modern dance class for seniors will include warm up, modern dance technique, and improvisational dance. It is appropriate for people of any ability and includes many seated chair exercises. Come and discover the enjoyable challenge of learning the discipline and tradition of dance as well as the freedom that exploring new movement possibilities can bring.

Instructor: Anna Garner **Wednesdays 10:30-11:30**

Tai Chi for Seniors (Class)

Tai Chi, an old Chinese exercise, focuses on slow, fluid movements that improve balance, muscle tone and flexibility. Learn simple techniques renowned for stress reduction, pain management, and excellent support for preventing or treating conditions of the heart, respiration, joints, bones, circulation, metabolism and the immune system. You can literally be more comfortable in your own skin and feel refreshed from the inside out. A great compliment to EnhanceFitness or other fitness regiments. Instructor Harry Bowron has been teaching for over 20 years **Thursdays 10-11:30am; \$6 instructor fee per session**



Gentle Yoga Class

Come join Maureen Oar, a certified yoga instructor from Wild Grace Arts, who will guide you through gentle yoga movements. This class is for new or experienced yogis who want a safe, gentle practice. Includes restorative and beginning poses, breathing, body awareness, relaxation and meditation. Work at your own pace and level of ability. Increase your strength, flexibility, balance and range of movement.

Thursdays 10-11 a.m.

\$5 instructor fee per session

You will need your own yoga mat.

Computer Classes/Workshops with Robert Lovitt

THESE CLASSES USE WINDOWS XP (BUT MUCH IS THE SAME IN VISTA)

Basic Computer Use: An Introduction - New to computers, thinking about buying one, or just want to see what the rest of the world is up to? This gently paced class will acquaint you with the basic functions of a computer including using it to type a letter, "surf" on the Internet and send an E-mail. You'll get plenty of non-threatening hands on experience!

4 sessions (3-hour classes twice a week) Wed. & Fri. 9:00-12:00 (April 23 -May 2)

\$50 payable to SSSS+\$25.00 membership &
\$20 registration fee=\$95.00

Intermediate Computer Use: A Bit Deeper (for those with some computer experience). After reviewing the basics, we will explore in more depth some of the useful tasks that a computer can help us with. We'll practice word processing (pre-

Office 2007), file management, safe surfing on the Internet, virus shields and more.
4 sessions (3-hour classes twice a week) Wed. & Fri. 9:00-12:00 (May 7 – May 16)
\$50 payable to SSSS+\$25.00 membership &
\$20 registration fee=\$95.00

Workshops

(must sign up at registration – but \$25 payable to instructor at workshop)

(1) April 23 – Internet Workshop: Don't know how to drive on the Information Highway? What are people talking about with strange words like: Ebay, Craigslist, Google and Yahoo? In this workshop you'll learn how to: do general research, genealogy, read/watch/listen to the news, tune in radio from around the world, get driving directions, check your stocks, make on-line purchases safely and more! You'll practice navigating the Internet, learn about the pros and cons of Internet providers and get proficient at finding the information you need.

Wednesday, 4/23 from 1:00-3:30

\$25 payable to instructor+\$25.00 Membership

Fee=\$50 total

(2) APRIL 30 - Computer Maintenance Workshop: Let's Save You Big Bucks!

Computer repairs are costly and frustrating but avoidable - if you apply the straight forward maintenance tips that you'll practice in this workshop. We'll eliminate cookies, temporary files and temporary Internet files, dump files and programs, do Windows updates, defragment and scan the disk for errors, clean the mouse, eliminate dust from the computer as well as practice updating Virus shields, anti-spyware programs and firewalls.

Wednesday, 4/30 from 1:00-3:30

\$25 payable to instructor+\$25.00 Membership Fee=\$50 total

(3) MAY 7 - Introduction to Digital Cameras Workshop: Discover this new popular and affordable hobby! Should you buy a digital camera? What are the advantages over a regular camera? How do you get images into your computer; adjust them, send them as email attachments or print them out? Come find out!

Wednesday, 5/7 from 1:00-3:30

\$25 payable to instructor+\$25.00 Membership Fee=\$50 total

(4) MAY 14 - User Friendly Computing! - Impossible you say? Unheard of? No- we can do it! Learn many tricks to tame the beast- to make setting changes so your computer will be easier to use. Make the icons bigger, make the pointer bigger and darker, get the print in Word documents and Email to always be large, simplify the desktop- and more!

Wednesday, 5/14 from 1:00-3:30

\$25 payable to instructor+\$25.00 Membership Fee=\$50 total

(5) JUNE 4 - Using your Computer to Enjoy Music

We'll review some of the basic ways that computer use can enhance your access to

and enjoyment of music. Some things we will look at include: listening to music CD's, burning (copying CD's), organizing music in your computer, listening to radio stations from around the world through Internet, attaching better speakers to your computer, putting music onto a MP3 player and then enjoying your music while on the run or in the car, etc.

Wednesday, 6/4 from 1:00-3:30

\$25 payable to instructor + \$25.00 Membership

Fee=\$50 total

(6) JUNE. 11 – Excel – Learn to use this Microsoft program to make a simple spreadsheet. Excel is like an electronic ledger, only it will do the math for you! We will look at using it for a checkbook register, for a home budget, to create a work timesheet and more. For pre-Office 2007 users only. Wednesday, 6/11 from 1:00-3:30

\$25 payable to instructor + \$25.00 Membership

Fee=\$50 total