

# TEEN / ADULT

## AQUATIC FITNESS

### AQUATIC EXERCISE CLASSES

For specific aquatic fitness start/end dates, call the City Gym & Pool at 714-960-8884.

### AQUA TONE FITNESS: AQUATIC BODYBUILDING

Hydro-Tone is a unique and intense Body Building workout course. This system accommodates variable resistance of water to movement through it. Hydro-Tone Bells and Boots are designed to fit any individual who is looking for greater muscle stimulation. Equipment rental \$3 per class to be paid each class. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Nov 10, Dec 23-31

**Dawnette Lowry**

**City Gym & Pool**

Monday & Wednesday 8:15-9:25AM  
Friday 6:45-8:00AM

	OCTOBER	NOVEMBER	DECEMBER
M	450802-3A \$54	450802-3B \$44	450802-3C \$34
W	450802-3D \$44	450802-3E \$54	450802-3F \$34
F	450802-3G \$44	450802-3H \$25	450802-3I \$44
M,W	450802-3J \$92	450802-3K \$92	450802-3L \$63

### AQUA TONE FITNESS: AQUATIC CARDIO EXERCISE

This unique class improves body tone, flexibility, cardiovascular strength and physical fitness through exercises utilizing all muscle groups. This high-energy workout is twice as effective in the water as it would be on land. No prerequisite for swimming ability. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Nov 10, Nov 11, Nov 23, Nov 24

**Dawnette Lowry**

**City Gym & Pool**

Monday, Wednesday & Saturday 7:00-8:00AM  
\*Tuesday & Thursday 7:00-8:00AM  
\*\*Tuesday, Thursday & Friday 8:20-9:20AM

	OCTOBER	NOVEMBER	DECEMBER
M	450808-3A \$44	450808-3B \$36	450808-3C \$29
W	450808-3D \$36	450808-3E \$44	450808-3F \$29
F	450808-3G \$36	450808-3H \$21	450808-3I \$36
Sa	450808-3J \$36	450808-3K \$29	450808-3L \$36
M,W	450808-3M \$73	450808-3N \$73	450808-3O \$51
Tu,Th*	450808-3P \$73	450808-3Q \$66	450808-3R \$51
Tu,Th**	450808-3S \$73	450808-3T \$66	450808-4U \$51

### AQUA TONE FITNESS: AQUA EVENING CARDIO

This fun and very challenging water workout class will take you to a new limit of resistance using Hydro-Tone's Water Weights. Move from shallow to deep water utilizing and concentrating on the weaker muscle groups of your body. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Nov 10, Nov 22, Nov 24, Dec 23-31

**Dawnette Lowry**

**City Gym & Pool**

Monday, Wednesday & Friday 5:25-6:25PM

	OCTOBER	NOVEMBER	DECEMBER
M	450804-3A \$44	450804-3B \$36	450804-3C \$29
W	450804-3D \$36	450804-3E \$44	450804-3F \$29
F	450804-3G \$36	450804-3H \$21	450804-3I \$36
M,W	450804-3J \$73	450804-3K \$73	450802-3L \$51
M,W,F	450804-3M \$103	450804-3N \$88	450804-3O \$81

### AQUA TONE FITNESS: H2O BOOTCAMP

This UNIQUE program is a rigorous cross-training of swimming, water polo, water aerobics, modified plyometrics, and traditional strength and cardiovascular exercises. H2O Boot Camp challenges swimmers of all ages and physical shape. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Nov 10, Nov 24, Dec 29

**Dawnette Lowry**

**City Gym & Pool**

Friday 9:30-10:15AM

	OCTOBER	NOVEMBER	DECEMBER
F	450821-3A \$36	450821-3B \$25	450821-3C \$36

### AQUA TONE FITNESS: HYP-NAUTIQUE YOGA

Body balance is vital at all ages. This intense water yoga class will help with balance while using core strength muscles to achieve yoga movements. You will experience some aggressive fast paces movements both on and off this board. The HYP - Nautique board has many uses for the beginner to the advanced. You will notice better stability/balance and see results fast while using an unstable board floating in water, you will get a lot more muscle work than ever before. Questions: [aquatonefitness@aol.com](mailto:aquatonefitness@aol.com). No Class Dates: Nov 10, Nov 24, Dec 29

**Dawnette Lowry**

**City Gym & Pool**

Friday 6:45-7:30PM

	OCTOBER	NOVEMBER	DECEMBER
F	450810-3D \$70	450810-3E \$38	450810-3F \$70

### AQUATIC EXERCISE: AQUA ACTIVE

This class is designed for people with arthritis to gently improve range of motion, strength and endurance. Participants must be able to enter and exit the pool independently. A doctor's release is recommended if you have recently had surgery. No Class Dates: Sept 4, Nov 10, Nov 23, Nov 24

**Debra Thurn**

**City Gym & Pool**

Monday, Wednesday & Friday 12:15-1:15PM  
Tuesday & Thursday 12:30-1:30PM

	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
M,W,F	450806-3A \$84	450806-3B \$84	450806-3C \$84	450806-3D \$84
Tu,Th	450806-3E \$58	450806-3F \$58	450806-3G \$58	450806-3H \$58

**Register Online!**  
[www.hbsands.org](http://www.hbsands.org)

## AQUA-FIT: FAT BURNING

This calorie burning workout is performed in the deep end. Combining aqua aerobics, circuit training, and sprint work for the ultimate deep water exercise program. This class emphasizes core muscle strength building and stability. By combining aqua pilates, therapy-based exercises, and progressive resistance training you will learn how to achieve a healthy back and stronger abs while burning calories in a safe environment. Monthly 2x/wk. No Class Dates: Sept 4, Nov 10, Nov 24, Dec 23-31

**Debra Thurn & Jamie Fowler**

**City Gym & Pool**

Monday & Wednesday 1:15-2PM

Friday 11AM-12PM

	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
M,W	450805-3A \$70	450805-3B \$70	450805-3C \$70	450805-3D \$70
F	450805-3E \$45	450805-3F \$45	450805-3G \$45	450805-3H \$45



## ART

### BEGINNING DIGITAL PHOTOGRAPHY

The beginning digital photography class will help students gain fluency with the basic technical skills of digital photography as it relates to image making. Expect to expand your understanding of the medium, acquire basic technical skills, and pursue your own photographic vision while using the digital camera of your choice.

**Kurt Weston**

**HB Art Center**

450109-4A 16 yrs + F 3:45-5:45pm 9/15-10/20 \$100/91

### INTERMEDIATE DIGITAL PHOTOGRAPHY

This intermediate class reinforces and enhances the basic concepts and skills acquired in the beginning digital photography class. Course emphasis is on the refinement of technical skills, technique, concept and development of a personal direction in photography. Theoretical, historical, and critical concerns will form part of our curriculum.

**Kurt Weston**

**HB Art Center**

450110-4A 16 yrs + F 2:45-3:45pm 9/15-10/20 \$51/46

### ADVANCED DIGITAL PHOTOGRAPHY

Today's lens-based artist has access to more image-capturing options and methods for creating images than ever before. The advanced class curriculum prepares artists to take full advantage of traditional and contemporary tools in pursuit of creating significant, conceptually rigorous artwork. Instructor will lead critiques and technical tutorials.

**Kurt Weston**

**HB Art Center**

450136-4A 18 yrs + F 12:30-2:30pm 9/15-10/20 \$100/91

### CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the classes, you may learn and share card-making techniques and ideas. Class meets 1st & 3rd Wednesdays.

**Senior Center Volunteer**

**Senior Center in Central Park**

450120-5A 18 yrs + W 10:30-11:30am 9/6-12/20 \$6

### INTRO TO ACRYLIC PAINTING

The course is designed to introduce the basic elements of acrylic painting. All skill levels are welcome. All students will explore the many ways paint can be handled through demonstrations and observation based painting. Instruction will be given on preparation of materials, color, light, texture, transparency, composition, and technique.

**Jose Loza**

**HB Art Center**

450135-4A 15 yrs + F 2:45-4:45pm 9/15-10/13 \$114/103

### INTERMEDIATE ACRYLIC PAINTING

The course is designed to explore advanced techniques in acrylic painting with an emphasis on color theory. Students will get the opportunity to experiment and work on personal projects with one on one instruction. No Class Dates: Nov-10, Nov-24

**Jose Loza**

**HB Art Center**

450152-4A 15 yrs + F 2:45-4:45pm 10/27-12/8 \$114/103

### DISCOVER YOUR CREATIVE SELF

A great way to focus and experience a sense of peace and well-being while discovering your artistic ability. Learn simple and repetitive designs, beautiful patterns and shapes. It will boost your creative confidence and increase your perception "of seeing" your surroundings. Create your own delightful designs or color a pre-made template. Surprise yourself at the beauty you can make while listening to music using color pencils, markers and pens. Class meets the 2nd and 4th Monday of each month.

**Recreation Staff**

**Senior Center in Central Park**

451117-5A 18 yrs + M 12:30-1:30pm 9/11-12/11 \$6

### DRAWING & PAINTING IN THE AFTERNOON

This fun class is designed for beginning and intermediate students who would like to improve their drawing and painting skills. The class will include exercises and sketchbook assignments. Students will use acrylic paints in their paintings and have the opportunity to include their paintings in an art show!

**Pati Kent**

**HB Art Center**

450103-4A 12 yrs + Tu 2:45-4:15pm 9/12-10/10 \$104/94  
450103-4B 12 yrs + Tu 2:45-4:15pm 10/24-11/21 \$104/94

### DRAWING & RENDERING

Take your drawings to the next level! In this class students will explore classical and non-traditional drawing methods with a focus on improving the student's ability to draw from observation. Instruction will be given using a variety of materials; all levels of experience are welcome. \$35 material fee due to the instructor at first class.

**Laura Black**

**HB Art Center**

450154-4A 12 yrs + Tu 6:15-7:45pm 9/12-10/31 \$126/114

## FOUR CORE CONCEPTS IN PAINTING

This class is designed to take beginner and intermediate students through a process of learning to "see like a painter." Once you learn to see you are ready to paint. There are four core principles that, once learned, will unlock the creative genius in you! All painting mediums are acceptable.

**Carlo Chappy Valente**

**HB Art Center**

<b>450162-4A</b>	13 yrs +	W	5:30-7:30pm	9/13-10/11	\$86/78
<b>450162-4B</b>	13 yrs +	W	5:30-7:30pm	10/18-11/15	\$86/78

## EXPERIMENTAL PRINTMAKING: MONOPRINT AND COLLAGRAPH

Experimental Printmaking provides basic printmaking instruction to creative students. Focusing on experimental Monoprint and Collagraph, classes will provide instruction, demonstration and plenty of studio time to practice technical skills and build a personal printing style. Materials list will be provided on receipt. *No Class Dates: Nov-10, Nov-24*

**Katie Stubblefield**

**HB Art Center**

<b>450157-4A</b>	18 yrs +	F	12:15-2:15pm	9/15-10/13	\$90/82
<b>450157-4B</b>	18 yrs +	F	12:15-2:15pm	10/27-12/8	\$90/82

## MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Class meets the 2nd and 4th Wednesday of each month.

**Senior Center Volunteer**

**Senior Center in Central Park**

<b>450113-5A</b>	18 yrs +	W	10:30-11:30am	9/13-12/13	\$6
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## MOSAIC ART

Learn the art of mosaic with this beginning and intermediate class. Students will learn how to draw a design, cut glass, and create a mosaic on a framed wood substrate. \$25 materials fee due at first class. *No Class Dates: Sep-30, Oct-7, Oct-14, Oct-21*

**Anne Marie Price**

**HB Art Center**

<b>450141-4A</b>	13 yrs +	Sa	2:45-4:45pm	9/16-11/4	\$125/113
<b>450141-4B</b>	13 yrs +	Sa	2:45-4:45pm	11/18-12/9	\$125/113

## OIL PAINTING 1 - FUNDAMENTALS

Beginning oil painting class covers materials and techniques commonly used in traditional oil painting. The class consists of lecture, demos and hands-on exercises. Participants will complete a still life painting as well as a landscape painting during the class. A good foundation for Oil Painting 2-Intermediate, Landscape class.

**Jim Ellsberry**

**HB Art Center**

<b>450104-4A</b>	18 yrs +	Tu	6-8pm	9/19-10/24	\$125/113
<b>450104-4B</b>	18 yrs +	W	9:30am-12pm	9/20-10/18	\$125/113

## OIL PAINTING 2 - INTERMEDIATE, LANDSCAPE

Intermediate oil painting class is designed to strengthen and develop the student's painting abilities using the landscape as subject. Color mixing, relationships of dark and light, composition and perspective. Emphasis is on traditional landscape painting techniques. The course also covers important historic and contemporary landscape painters, both European and American.

**Jim Ellsberry**

**HB Art Center**

<b>450114-4A</b>	18 yrs +	Tu	6-8pm	11/7-12/12	\$125/113
<b>450114-4B</b>	18 yrs +	W	9:30am-12pm	11/8-12/6	\$125/113

## PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lecture, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome! \$25 supply fee for new students.

**Marilyn Oropeza**

**Senior Center in Central Park**

<b>450115-5A</b>	18 yrs +	Tu	8:30-11:30am	9/12-10/10	\$50
<b>450115-5B</b>	18 yrs +	Tu	8:30-11:30am	10/17-11/14	\$50
<b>450115-5C</b>	18 yrs +	Tu	8:30-11:30am	11/21-12/12	\$45

## WATERCOLOR PAINTING

This class is for beginning to advanced students to learn the joys and pitfalls of watercolor painting. The focus will be on skills and techniques with weekly demonstrations and critiques. Materials list provided on first day of class.

**Diane Merrill**

**HB Art Center**

<b>450116-4A</b>	13 yrs +	Tu	9:30am-12:30pm	9/19-10/24	\$104/94
<b>450116-4B</b>	13 yrs +	Tu	9:30am-12:30pm	11/7-12/12	\$104/94

## WATERCOLOR BASICS 2.5

Watercolor Basics 2.5 is a four-week class where the student will be introduced to the lessons of four creative artists. Two lessons shall be loose and spontaneous and two shall be more structured. This is an intermediate level class and painting experience will be helpful. Be ready to paint on the first day.

**Nancy Caldwell**

**HB Art Center**

<b>450150-4A</b>	16 yrs +	Th	9:30am-12:30pm	9/14-10/5	\$78/71
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## WATERCOLORS WITH THE MASTERS

Class will focus on three watercolor masters, exploring their style, techniques and use of color. Students learn how to apply these lessons to their own watercolor paintings. Focus will be on photo realism to abstract realism. Class is not for beginners. *No Class Dates: Nov-23*

**Eileen McCullough**

**HB Art Center**

<b>450137-4A</b>	18 yrs +	Th	9:30am-12:30pm	10/12-12/7	\$141/127
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## STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing.

**Marilyn Oropeza**

**Senior Center in Central Park**

<b>450149-5A</b>	18 yrs +	Tu	12-2:45pm	9/12-10/10	\$20
<b>450149-5B</b>	18 yrs +	Tu	12-2:45pm	10/17-11/14	\$20
<b>450149-5C</b>	18 yrs +	Tu	12-2:45pm	11/21-12/12	\$15

## INTRO TO DOCUMENTARY FILMMAKING

This two-hour workshop introduces students to the major components of producing a documentary for entertainment or promotional purposes. This workshop is a general overview of production and storytelling techniques, from start to finish including development, research, writing, production, editing, and finishing. The class is taught by Huntington Beach resident and Emmy Award winning documentarian Rudy Poe.

**Rudy Poe Inc**

**HB Art Center**

<b>450159-4A</b>	13 yrs +	Sa	12:15-2:15pm	11/4	\$36/30
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Parks and Recreation  
provide space to enjoy  
nature

## DOCUMENTARY FILMMAKING: SHOOTING INTERVIEWS

Shooting quality interviews is crucial to producing a professional documentary-style film. Emmy Award winning documentarian Rudy Poe shares with you the tricks of the trade and how best to prepare, shoot, and edit a professional quality video interview.

**Rudy Poe Inc** **HB Art Center**  
450160-4A 13 yrs + Sa 2:30-4:30pm 11/4 \$36/30

## THROUGH THE LENS: HOW TO SEE

Whether you're interested in photography or image creation of any kind, this class will help you better express yourself and tell stories with the images you create. This is not a technical workshop so whether you have a cell phone camera or a DSLR, the workshop is designed to increase your visual awareness and help you capture interesting, thought provoking images. Exercise your mind and imagination as you explore point-of-view, color, shape, depth, perspective, light, and shadow.

**Rudy Poe Inc** **HB Art Center**  
450161-4A 13 yrs + Sa 1-3pm 11/18 \$36/30

## SUGAR SKULL DECORATING

Sugar Skull Decorating provides basic techniques to creative students interested in this extraordinary folk craft. Students will view examples of sugar skulls, learn the historical significance of these delicate sculptures and then decorate one custom sugar skull. An acrylic display case will be provided. \$30 supplies fee paid directly to the instructor on the day of the workshop.

**Katie Stubblefield** **HB Art Center**  
450164-4A 13 yrs + Sa 12:15-3:15pm 10/28 \$56/51

## INTERIOR DESIGN FOR YOUR HOME

Learn from a professional interior designer how to create your dream home! The sky is the limit when it comes to color choices, fabrics, furniture and accessories, and how they are brought together. In this 2-day workshop you will learn step-by-step the basics of space planning, color concepts, and selection of the right elements such as furnishing, lighting, flooring and surfaces to create and decorate the home you always wanted. Supply list and a \$10 material fee.

**Lucia Henry** **HB Art Center**  
450155-4A 16 yrs + Sa 12:15-2:15pm 9/9-9/16 \$71/64

## COMPUTERS

### ALL ABOUT GOOGLE

Two, 2-hour classes exploring the many outstanding and FREE Google programs. A discussion of the Google search engine, G-mail, Google maps, photos, calendar Google Pay and other items. Hands-on practice and a chance to ask questions and get answers. A 3-hour hands-on workshop: Learn to use G-mail and familiarize yourself with many of the FREE Google applications available. Tour the Google Maps, Calendar, the "play" store, Google Docs, Google News, YouTube, etc. Take advantage of free Google goodies. Class notes provided. *No Class Dates: Nov-10*

**Joel Lander** **Senior Center in Central Park**  
450220-5A 18 yrs + F 2-4pm 10/6-10/13 \$48  
450220-5B 18 yrs + F 2-4pm 11/3-11/17 \$48  
450220-5C 18 yrs + Sa 10am-12pm 12/2-12/9 \$48

## BEGINNING COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at first class. Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. \$5 suggested donation is due at the first class.

**Senior Center Volunteer** **Senior Center in Central Park**  
450200-5B 18 yrs + Tu 9-11:30am 10/3-10/24 \$15

## ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save and find information. Learn proper attachments to emails, downloading, backing-up info to your computer and more. Friendly atmosphere. Patient teacher. A VERY useful class! Useful whether you use Windows 10 or Windows 7.

**Joel Lander** **Senior Center in Central Park**  
450205-5A 18 yrs + F 9am-12pm 10/6-10/13 \$72  
450205-5B 18 yrs + Th 9am-12pm 11/2-11/16 \$72  
450205-5C 18 yrs + F 9am-12pm 12/1-12/15 \$72

## FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

**Joel Lander** **Senior Center in Central Park**  
450201-5A 18 yrs + Sa 9-12pm 10/14-10/14 \$38  
450201-5B 18 yrs + Th 2-5pm 11/16-11/16 \$38  
450201-5C 18 yrs + Th 9-12pm 12/14-12/14 \$38

## HOW TO START YOUR GENEALOGY RESEARCH

Learn how to research your family's history and trace your ancestors using immigration, census, and other records. And learn how to use the internet in your searches.

**Marga Dill** **Senior Center in Central Park**  
450226-5A 55 yrs + M 10-11am 9/11-10/2 \$48  
450226-5B 55 yrs + M 10-11am 11/6-11/27 \$48  
450226-5C 55 yrs + Th 1-2pm 10/12-11/2 \$48

## HOW TO USE WINDOWS 10

Two, 2-hour, hands-on classes in the new computer lab. Explore most of the new features of Windows 10, the new Start screen, tiles, desktop, settings and how to navigate and customize Windows 10. NOTE: this class is for individuals with basic computer experience, not for beginners. *No Class Dates: Nov-10*

**Joel Lander** **Senior Center in Central Park**  
450212-5A 18 yrs + Th 10-12pm 10/5-10/12 \$48  
450212-5B 18 yrs + F 6:30-8:30pm 10/20-10/27 \$48  
450212-5C 18 yrs + Sa 10-12pm 10/21-10/28 \$48  
450212-5D 18 yrs + Th 2-4pm 11/2-11/9 \$48  
450212-5E 18 yrs + F 10am-12pm 11/3-11/17 \$48  
450212-5F 18 yrs + Th 2-4pm 11/30-12/7 \$48

Register Online! [www.hbsands.org](http://www.hbsands.org)

## INTERNET TIPS FOR TRAVEL

Tourism is an information-intense industry. Social media and the internet have gained substantial popularity in traveler's use of the internet. We will point you to the must-have travel apps that will save you time and money before you leave, during your trip, and after.

**Marga Dill** Senior Center in Central Park  
450221-5A 55 yrs + M 11:15am-12:15pm 10/9-10/30 \$48

## INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand the Facebook lingo and you will know the latest on the do's and don'ts of Facebook.

**Marga Dill** Senior Center in Central Park  
450218-5A 55 yrs + M 11:15am-12:15pm 9/11-10/2 \$48  
450218-5B 55 yrs + M 11:15am-12:15pm 11/6-11/27 \$48

## MICROSOFT WORD: LEVEL 1

Get started familiarizing with Tabs and associated Ribbons. Learn to text size Word document/internet articles/e-mail to make them more readable. Topics include creating Word documents, save, retrieve, edit, and delete document. By the end of the class, with hands-on exercises, you will learn the essential buttons commonly used to format your document, to paragraph align, to line space, select techniques, cut/copy/paste, spelling and grammar, use of the thesaurus, and more. Prerequisite: Basic computer skills a plus. No Class Dates: Nov-22

**Senior Center Volunteer** Senior Center in Central Park  
450209-5A 18 yrs + W 9am-12pm 9/6-9/27 \$15  
450209-5B 18 yrs + W 9am-12pm 10/4-10/25 \$15  
450209-5C 18 yrs + W 9am-12pm 11/1-11/29 \$15

## ORGANIZE YOUR COMPUTER ONCE AND FOR ALL

Clean up and organize old files and your desktop. Put information where you can find it. Make shortcuts to favorite programs and files. Back up critical information. Get free programs to optimize your computer. Skills are universal whether you have Windows 7 or 10. Ask questions, get answers, have fun!

**Joel Lander** Senior Center in Central Park  
450210-5A 18 yrs + Th 9am-12pm 10/19-10/26 \$66  
450210-5B 18 yrs + Sa 9am-12pm 11/4-11/18 \$66  
450210-5C 18 yrs + Th 9am-12pm 11/30-12/7 \$66

## PHOTOS BY GOOGLE

A single, 3-hour class exploring the new Google Photo application. Learn the manual and auto photo enhancement features plus backup features from your phones, tablets or computers. Find out about unlimited free storage of your photos. Discuss the pros and cons of this new system.

**Joel Landers** Senior Center in Central Park  
450214-5A 18 yrs + Sa 9-12am 10/7-10/7 \$38  
450214-5B 18 yrs + Th 2-5pm 10/26-10/26 \$38  
450214-5C 18 yrs + Th 2-5pm 12/14-12/14 \$38

## PROTECTING YOUR ONLINE IDENTITY

We will explain how to set up strong passwords and '2-step verification', why you should have multiple email addresses, how to detect identity theft early, how to protect your computer(s), and steps to consider when using the internet, social media and that free wireless connection at the airport.

**Marga Dill** Senior Center in Central Park  
450217-5A 55 yrs + M 10-11am 10/9-10/30 \$48

## SPECIAL APPS & PROGRAMS FOR SENIORS

A presentation of what computer programs, smart phone and tablet apps can be useful to seniors. A look at Facebook, YouTube, Skype, Uber, Pandora, Lumosity and more. Introductory instructions on how to find, obtain and use these free applications. Two 2-hour sessions. Ask questions, get answers.

**Joel Lander** Senior Center in Central Park  
450222-5A 18 yrs + Th 2-4pm 10/5-10/12 \$48  
450222-5B 18 yrs + F 2-4pm 12/1-12/8 \$48

## SMARTPHONES: BEGINNERS

This class is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

**Marga Dill** Senior Center in Central Park  
450219-5A 55 yrs + M 2:45-3:45pm 9/11-10/2 \$48  
450219-5B 55 yrs + M 2:45-3:45pm 11/6-11/27 \$48  
450219-5C 55 yrs + Th 2:45-3:45pm 9/14-10/5 \$48

## SMARTPHONES: ADVANCED

Get to know more features and apps that let you do more with your smartphone. You'll learn the new tools and options that are available on your device. You will also learn how all your devices (computer, phone, tablet) can work together.

**Marga Dill** Senior Center in Central Park  
450224-5A 55 yrs + M 1:30-2:30pm 9/11-10/2 \$48  
450224-5B 55 yrs + M 1:30-2:30pm 11/6-11/27 \$48  
450224-5C 55 yrs + Th 2:15-3:15pm 10/12-11/2 \$48

## COOKING

### CAKE DECORATING BUILDING BUTTERCREAM SKILLS

You'll smile through each lesson as you master the techniques of coloring, borders, stars, roses and much more. Learn the fundamentals of cake decorating in four weekly fun filled classes. Why not bring a friend? You'll provide some of your own supplies. Book is extra. This class must be taken before taking the Gumpaste and Fondant or the Flowers and Cake Design classes.

**Rebecca Mejia** Murdy Community Center  
450301-1A 13 yrs + Tu 6-8pm 9/12-10/3 \$50  
450301-1B 13 yrs + Tu 6-8pm 10/10-10/31 \$50  
450301-1C 13 yrs + Tu 6-8pm 11/7-11/28 \$50

### CAKE DECORATING: FLOWERS

In this exciting course! Flowers and cake design is your introduction to breathtaking new icing flowers such as vivid violets, delicate apple blossoms, glorious lilies and the famous Wilton rose. With the skills you learn here and your ability to make flowers using Royal icing, you can create beautiful blooms. Must have taken Cake Decorating: Basic Beginnings before this class.

**Rebecca Mejia** Murdy Community Center  
450303-1A 13 yrs + W 6-8pm 10/4-10/25 \$50

Register Online! [www.hbsands.org](http://www.hbsands.org)

## CAKE DECORATING: GUM PASTE & FONDANT

The course will open thrilling possibilities for your cakes. You'll create incredible stand-up decorations by hand using gum paste and fondant from flowers with delicate ruffled layers of petals to thrilling bows in bold colors to exciting effects. It's a whole new way to decorate! Book is extra. Must have taken Cake Decorating: Basic Beginnings before this class.

**Rebecca Mejia** **Murdy Community Center**  
**450304-1A** 13 yrs + W 6-8pm 11/15-12/6 \$50

## CAJUN COOKING

Put some south in your mouth. We are going to learn to make dishes that will make your taste buds explode. Hushpuppies, shrimp grits, etouffee, fried catfish (the best you will ever have), the perfect roux, dirty rice, and much, much more. You will learn a wide range of Cajun cuisine and take home many more recipes to try. \$15 material fee payable to instructor.

**April Berg** **Edison Community Center**  
**450306-2A** 16 yrs + Tu 6:15-9:15pm 10/10 \$35

## THANKSGIVING

It's never too early to start planning for the Holiday feasts. In this class you will learn a wide variety of side dishes, stuffings, desserts, and of course how to deep fry a turkey. You will also learn the stress free way to feed 10-50. Please come hungry. You will take home a packet with a lot more recipes you can try at home. \$15 material fee payable to instructor.

**April Berg** **Edison Community Center**  
**450305-2A** 18 yrs + Tu 6:15 - 9:15pm 9/5 - 9/5 \$35

## CHOCOLATE AND SWEETS

We can't make you into a pastry chef or a master chocolatier in one night, but we can teach you to make chocolate and sweets that will make your guests and family say WOW! You are going to learn the do's and don'ts of chocolate and pastry and of course sample all the desserts we make. Also you will take home many more recipes to try with your new skills. \$15 material fee payable to instructor.

**April Berg** **Edison Community Center**  
**450307-2A** 18 yrs + Tu 6:15-9:15pm 11/14 \$35

## GERMAN AND RUSSIAN COOKING

What could taste better on a cold winter's night than some nice, hot, and hearty German food. We will be making wiener schnitzel, brats, potato pancakes, ribs and sauerkraut, spaetzle, apple strudel, and so much more. Also you will be taking home a packet to try new dishes. \$15 material fee payable to instructor.

**April Berg** **Edison Community Center**  
**450308-2A** 18 yrs + Tu 6:15-9:15pm 12/12 \$35

## DANCE

### ADULT BALLET: BEGINNING

Love the grace and poise of ballet dancers? Looking to improve posture, gain strength, and increase flexibility? Join other beginners in learning a new skill while experienced dancers refine the basics. Wear comfortable clothing and bring an exercise mat or towel. First class is free.

**Huntington Academy of Dance** **City Gym and Pool**  
**450442-3A** 13 yrs + M 7-8pm 9/11-11/13 \$105

**Huntington Academy of Dance** **16601 Gothard Street, Suite A**  
**450442-1A** 16 yrs + W 7:30-8:30pm 9/13-11/15 \$105

## BALLET & BALLET STRETCH FOR ADULTS

Please join us in learning and practicing the beautiful graceful movements of Ballet. An opportunity to improve fitness through fun, working on flexibility, coordination, strength, balance, endurance and healthy attractive posture. No experience necessary. The class is non-competitive and we become great friends in the process.

**Huntington Academy of Dance** **16601 Gothard St**  
**450426-5A** 50 yrs + M 3:15-4:15pm 9/11-10/16 \$49  
**450426-5B** 50 yrs + M 3:15-4:15pm 10/23-11/27 \$49

## BALLROOM DANCE BASICS

Never be a wall-flower again. From Waltz to the Salsa, we'll teach you how to own the dance floor! Join our ballroom group class, followed immediately by a lively practice party. Our dynamic steps and techniques will last a lifetime, and we make learning fun! No partner needed. *No class dates: Nov-23*

**Amanda Mykitta** **Senior Center in Central Park**  
**450441-5A** 16 yrs + Th 7-8:30pm 9/14-10/19 \$40  
**450441-5B** 16 yrs + Th 7-8:30pm 10/26-12/7 \$40

## BROADWAY DANCE FITNESS

Join us at this brand new dance fitness class with a Broadway flair! Dance to upbeat, fun Broadway musical tunes, as well as songs from past era's through today. Combining aerobics with simple dance steps make you want to move! See why dance is top-rated for your brain, your heart, and your soul! *No Class Dates: Nov-23*

**CS Dance Factory** **Senior Center in Central Park**  
**450456-5A** 18 yrs + Th 1:30-2:15pm 9/14-10/19 \$66  
**450456-5B** 18 yrs + Th 1:30-2:15pm 11/2-12/14 \$66

## DANCE: BALLROOM BASICS

Glide around the dance floor dancing Swing, slow dance Foxtrot, and Cha Cha dance basics. Twirl and dip to exciting popular music and classics for weddings, cruises, and parties. No partner needed.

**Kaylaa Fox** **Edison Community Center**  
**450407-2A** 16 yrs + M 7-8pm 9/11-10/9 \$59  
**450407-2B** 16 yrs + M 7-8pm 10/16-11/13 \$59

## DANCE: COUNTRY LINE DANCE

Country friends are waiting for you at the country clubs! Kick up your boots to oldies and newbie country line dances. Easy instruction! Meet NEW friends for country good fun. Instructor: 714-205-4425 or [kaylaa@dancequick.com](mailto:kaylaa@dancequick.com) or [www.dancequick.com](http://www.dancequick.com).

**Kaylaa Fox** **Murdy Community Center**  
**450413-1A** 16 yrs + Th 7:15-8:15pm 9/14-10/12 \$59  
**450413-1B** 16 yrs + Th 7:15-8:15pm 10/19-11/16 \$59

**Kaylaa Fox** **Edison Community Center**  
**450413-2A** 16 yrs + W 7:30-8:15pm 9/13-10/11 \$59  
**450413-2B** 16 yrs + W 7:30-8:15pm 10/18-11/15 \$59

## DANCE: COUNTRY TWO STEP

Country 2 Step and Cowboy Cha Cha let you dance at the country club. Listen to favorite country songs. No partner needed.

**Kaylaa Fox** **Murdy Community Center**  
**450415-1A** 16 yrs + Th 6:15-7:15pm 9/14-10/12 \$59  
**450415-1B** 16 yrs + Th 6:15-7:15pm 10/19-11/16 \$59

**Kaylaa Fox** **Edison Community Center**  
**450415-2A** 18 yrs + W 8:15-9pm 9/13-10/11 \$59  
**450415-2B** 18 yrs + W 8:15-9pm 10/18-11/15 \$59

## DANCE: LATIN BASICS

Romantic SALSA, CHA CHA and MERENGUE will whisper the songs of Latin Dance in your ear. Easy and Rhythmic patterns will confirm the Latin mood to you in class and out on the dance floor. No partner needed. Instructor: 714-205-4425, [kaylaa@dancequick.com](mailto:kaylaa@dancequick.com) or [www.dancequick.com](http://www.dancequick.com).

Kaylaa Fox		Murdy Community Center			
450421-1A	16 yrs +	Th	8:15-9:15pm	9/14-10/12	\$59
450421-1B	16 yrs +	Th	8:15-9:15pm	10/19-11/16	\$59

Kaylaa Fox		Edison Community Center			
450421-2A	16 yrs +	M	8-9pm	9/11-10/9	\$59
450421-2B	16 yrs +	M	8-9pm	10/16-11/13	\$59

## DANCE: SWING BASICS

Fun and easy Swing Dance. Basics steps are taught to beginners so they may dance immediately with confidence. Swing dance is the most versatile and fun social dance since it can be danced to almost any kind of music. No partner necessary. Hosted by MICHAEL and OLIVIA LAI.

Kaylaa Fox		Murdy Community Center			
450423-1A	16 yrs +	Th	8:15-9:15pm	9/14-10/5	\$40
450423-1B	16 yrs +	Th	8:15-9:15pm	10/12-11/2	\$40

## DANCE: SWING INTERMEDIATE

Move on to Swing intermediate. Combine and expand on your basic swing skills. Go beyond the basics to explore Lindy Hop, West Coast, and Charleston rhythms that will make your dancing more enjoyable. No partner needed. Hosted by MICHAEL and OLIVIA LAI.

Kaylaa Fox		Murdy Community Center			
450424-1A	16 yrs +	Th	7:15-8:15pm	9/14-10/5	\$40
450424-1B	16 yrs +	Th	7:15-8:15pm	10/12-11/2	\$40

## DANCE: SWING ADVANCED

Move way beyond the basics. Advanced Swing moves to 4, 6 and 8 swing rhythms that will challenge you and make you shine on the dance floor. No partner necessary. Hosted by MICHAEL and OLIVIA LAI.

Kaylaa Fox		Murdy Community Center			
450422-1A	16 yrs +	Th	6:15-7:15pm	9/14-10/5	\$40
450422-1B	16 yrs +	Th	6:15-7:15pm	10/12-11/2	\$40

## NEW! HIP HOP FITNESS

Looking for a way to have fun while working out? Come join this high energy fitness class! Move to Urban beats with a hip hop flavor while burning calories and strengthening your core. Grab a friend, get ready to move and forget you're working out!

Huntington Academy of Dance		Murdy Community Center			
450457-1A	16 yrs +	M	6:30-7:30pm	9/11-11/13	\$105

## HULA - BEGINNING

Aloha Mai- This is a beginning class, which will focus on hula basics, movement, and mele (Hawaiian poetry) from the era of King David Kalakaua to the present. Please bring a pencil and paper to the first class meeting.

Guava Groove		Senior Center in Central Park			
450451-5A	18 yrs +	W	9:30-10:30am	9/13-10/25	\$75
450451-5B	18 yrs +	W	9:30-10:30am	11/1-12/6	\$75

## LINE DANCE NEW BEGINNER

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Nov-10, Nov-24*

Suzy Hazard		Senior Center in Central Park			
450419-5A	18 yrs +	F	2-3pm	9/15-12/15	\$62

## LINE DANCE NEW BEGINNER

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music. *No Class Dates: Oct-3, Oct-10, Nov-21*

Linda Anderson Maarleveld		Senior Center in Central Park			
450450-5A	18 yrs +	Tu	2:30-3:30pm	9/12-12/12	\$61
450450-5B	18 yrs +	Tu	4-5pm	9/12-12/12	\$61

## LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisites: Know basic cues and steps. *No Class Dates: Nov-11, Nov-24*

Suzy Hazard		Senior Center in Central Park			
450420-5A	18 yrs +	F	3:15-4:15pm	9/15-12/15	\$62

## LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%! Prerequisites: Know basic cues and steps. *No Class Dates: Nov-23*

Linda Anderson Maarleveld		Senior Center in Central Park			
450453-5A	18 yrs +	W	7-8:30pm	9/13-12/13	\$76
450453-5B	18 yrs +	Th	3:45-4:45pm	9/14-12/14	\$61

## LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Prerequisite: Introduction class or experience doing basic dances. Prerequisite: Have experience dancing basics.

Suzy Hazard		Senior Center in Central Park			
450428-5A	18 yrs +	W	2:45-4:15pm	9/13-12/13	\$67

## LINE DANCE LEVEL 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class. Prerequisite: Have experience doing basics plus some more difficult dances.

Suzy Hazard		Senior Center in Central Park			
450433-5A	18 yrs +	M	3:15-4:45pm	9/11-12/11	\$67

## DOG TRAINING

### AKC CANINE GOOD CITIZEN TEST

This 10-part certification test is open to both pure-bred and mixed-breed dogs who already obey basic commands and who can remain calm when faced with distracting situations in public places. Dogs who pass all 10 skills will earn the official certificate from A.K.C. and can also receive the "CGC" Title. See [www.dogclassinfo.com](http://www.dogclassinfo.com) for a detailed list of the 10 skills tested.

**Dog Services Unlimited** **Edison Community Center**  
**450503-2A** 10 yrs + Tu 8-9:15pm 10/24 \$28

### BEGINNING DOG OBEDIENCE

For dogs 5 months and older and handlers 10 years to adult. Obedience commands (heel, sit, down, stay, stand, come), long distance work, hand signals, and correcting bad habits (chewing, jumping, digging, etc.). Trophies and certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring shot records and \$10 material fee (includes training manual).  
*No Class Dates: Oct-31*

**Dog Services Unlimited** **Edison Community Center**  
**450504-2A** 10 yrs + Tu 7-8pm 9/19-11/7 \$95

### DOG TRAINING: CRASH COURSE IN CANINE MANNERS

Establish better manners and correct behavior problems in four 75-minute lessons! Dogs five months or older will learn to stay, come, sit, lie down, and walk without pulling on a leash. Dogs attend all meetings. Bring current shot records and \$5 material fee to first lesson. Pre-registration is required.

**Dog Services Unlimited** **Murdy Community Center**  
**450506-1A** 10 yrs + Th 7:45-9pm 10/26-11/16 \$85

### DOG - FRISBEE: CATCH THE FUN

In this one-day workshop, you & your dog can start learning the fun sport of Frisbee Toss-N-Fetch! Includes throwing techniques, safety, and motivating your dog to go for a disc, and bring it back. Pre-registration is required! Bring current shot records & \$5 materials fee, includes Frisbee.

**Dog Services Unlimited** **Dog Park Edwards Street & Inlet**  
**450509-1A** 10 yrs + Su 2-3:30pm 9/17 \$29

### FLYBALL BEGINNING

Flyball is a fast paced sport for dogs that involves running, jumping and retrieving a ball. Dogs must be at least 6 months old, in good physical condition, well socialized and have a fairly reliable "come when called." First class held without dogs.  
*No Class Dates: Oct-14, Nov-25*

**Surf City Flyball** **Central Park – Slater Ave/Goldenwest Street**  
**450507-1A** 18 yrs + Sa 9-10am 9/23-12/2 \$95

### FLYBALL INTERMEDIATE

For dogs who have at least 2 sessions of Flyball Beginning and/or prior Flyball training. This class teaches the skills necessary for actual Flyball competition. *No Class Dates: Oct-14, Nov-25*

**Surf City Flyball** **Central Park – Slater Ave/Goldenwest Street**  
**450508-1A** 18 yrs + Sa 10:30-11:30am 9/23-12/2 \$95

### LINE DANCE LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years. Prerequisite: Experience doing difficult dances.

**Suzy Hazard** **Senior Center in Central Park**  
**450434-5A** 18 yrs + W 1-2:30pm 9/13-12/13 \$67

### PRIVATE DANCE LESSON

Get ready for that special event with a 1 hour private lesson tailored to your specific goals. Choose from Wedding First Dance, Ballroom dances, Salsa, Swing and more. Lessons arranged at your convenience at Edison Community Center. Two people maximum (you alone or bring a friend or partner). Time and date to be arranged with instructor.

**SockhopFitness** **Edison Community Center**  
**450402-2A** 6 yrs + TBD TBD 9/11-1/8 \$60

### SPECIAL NEEDS BALLROOM

Join us for a dynamic ballroom dance class for people with all types of special needs and developmental disabilities! Taught by our lead instructor, Mandy Mykitta, many dances will be represented. From the Waltz to the Hustle, we'll teach you all the moves you need to own any dance floor! *No Class Dates: Sep-13, Sep-20, Nov-22, Dec-13*

**Dare To Dance** **Murdy Community Center**  
**450455-1A** 16 yrs + W 7-8pm 9/27-12/6 \$30

### TUPUA'S BEGINNING/INTERMEDIATE POLYNESIAN DANCE

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

**Melody Seanoa** **Senior Center in Central Park**  
**450440-5A** 13 yrs + M 1-2pm 9/11-10/23 \$75  
**450440-5B** 13 yrs + M 1-2pm 11/6-12/4 \$55





## EDUCATIONAL

### FRENCH

Beginners learn French with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak French from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$20 material fee due at first class.

**Portal Languages** **Senior Center in Central Park**  
**450608-5A** 18 yrs + Tu 3:30-4:30pm 9/12-11/14 \$150

### ITALIAN: CONVERSATIONAL ITALIAN 1A

If you like Italy and its culture, you will enjoy this fun and relaxed beginning conversational class. A native born Italian instructor will teach you how to speak in the present tense about yourself and a variety of topics relating to day-to-day life. Focus is on creating a fun and interactive class.

**Spectrum Languages** **Edison Community Center**  
**450601-2A** 18 yrs + Th 6-7pm 9/14-11/16 \$168

### ITALIAN: CONVERSATIONAL ITALIAN 1B

Do you already know some Italian? Have you already attended the Beginning Conversational Italian 1A class? Then this course is for you. A native born Italian teacher will help you move forward with your journey through the Italian language while also having a lot of fun.

**Spectrum Languages** **Edison Community Center**  
**450603-2A** 18 yrs + Th 7-8pm 9/14-11/16 \$180

### SPANISH

Beginners learn Spanish with little or no knowledge. The focus is on conversation for fast learning of daily actions. You will speak Spanish from the very beginning. Vocabulary development, key grammatical structures, and use of appropriate verbs will follow. The lessons build on one another. Emphasis is given to listening and interpretation. \$20 material fee due at first class.

**Portal Languages** **Senior Center in Central Park**  
**450618-5A** 18 yrs + M 1:30-2:30pm 9/11-11/13 \$150

### CUT THE CABLE

With the availability of high-speed internet and smart TVs, it is possible to enjoy television without the high price of cable TV. Learn about programs and devices that are available to watch TV without the prices of cable.

**Marga Dill** **Senior Center in Central Park**  
**450616-5A** 55 yrs + M 1:30-1:30pm 10/9-10/9 \$23  
**450616-5B** 55 yrs + M 1:30-3:30pm 10/16-10/16 \$23  
**450616-5C** 55 yrs + Th 1-2:30pm 9/14-9/14 \$23  
**450616-5D** 55 yrs + Th 1-2:30pm 9/21-9/21 \$23

## HOW TO RECOGNIZE FAKE NEWS

Learn how to judge the reliability of information and make informed judgments and decisions. As news consumers we are constantly bombarded with a stream of fake news, propaganda, hoaxes, and rumors. This class will help you with critical thinking skills to distinguish fact from fiction and become better informed.

**Marga Dill** **Senior Center in Central Park**  
**450617-5A** 55 yrs + Th 1-2:30pm 9/28-10/5 \$38  
**450617-5B** 55 yrs + M 1:30-3pm 10/23-10/30 \$38

## LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays, 10:00a.m. - 12:00p.m.

**OC Learning Black History** **Senior Center in Central Park**  
**450610-5A** 8 yrs + Sa 10am-12pm 9/9-11/25 \$10

## HEALTH & FITNESS

### AB-CORE BLAST

Join us for a 30-minute blast of abdominal/core-strengthening exercises that will have you feeling your abs for days! Properly engaging these muscles can help you obtain a flatter looking abdomen region, better posture and more! Core strength can also help you reduce the risk for certain back problems and can help alleviate most chronic back pain. All levels welcome! Bring mat, towel, water, exercise ball (65cm), & grip socks.

**HB Pilates** **Murdy Community Center**  
**450833-1A** 16 yrs + M 11-11:30am 9/11-10/9 \$42  
**450833-1B** 16 yrs + M 11-11:30am 10/16-11/13 \$42  
**450833-1C** 16 yrs + M 11-11:30am 11/20-12/18 \$42

### BARRE STRENGTH & STRETCH

Live longer, get stronger! Standing at the barre for the whole class, you will be led through easy-to-follow, head-to-toe exercises that are effective and fun. The barre provides stability while you strengthen muscles to improve your balance, mobility and circulation. Stretch to increase flexibility and range of motion and reduce muscle tension. Take advantage of the beautiful dance room with built-in barres to get a unique workout. *No Class Dates: Nov-23*

**CS Dance Factory** **Senior Center in Central Park**  
**451501-5A** 18 yrs + Th 2:30-3:15pm 9/14-10/19 \$66  
**451501-5B** 18 yrs + Th 2:30-3:15pm 11/12-12/14 \$66

### GENTLE PILATES MAT

This class will include all of the classic Pilates Mat exercises but will move at a slower pace, to be more inviting for 50+. With an emphasis on core strength and posture, we will work on overall strength, flexibility and coordination to help improve balance and your overall quality of life. All ages/abilities welcome. Drop-ins welcome: \$18. Bring: Mat, towel, water, and grip socks. *No Class Dates: Nov-23*

**HB Pilates** **Senior Center in Central Park**  
**450883-5A** 18 yrs + M 5-6pm 9/11-10/9 \$67  
**450883-5B** 18 yrs + Th 11:15am-12:15pm 9/14-10/12 \$67  
**450883-5C** 18 yrs + M 5-6pm 10/16-11/13 \$67  
**450883-5D** 18 yrs + Th 11:15am-12:15pm 10/19-11/16 \$67  
**450883-5E** 18 yrs + M 5-6pm 11/20-12/18 \$67  
**450883-5F** 18 yrs + Th 11:15am-12:15pm 11/30-12/21 \$55

Register Online!  
[www.hbsands.org](http://www.hbsands.org)



## EXERCISE FOR BALANCE PART 1

Have you noticed a change in your balance over the past year? Do you feel you are not as stable or strong when walking or going up and down stairs? Join us for a four-week session that will include discussion and exercise to help improve your balance. These classes are designed for participants of all activity levels. Please select one of the 4-week sessions. Instructor: Hoag Licensed Therapist.

**Hoag** **Senior Center in Central Park**  
**450899-5A** 18 yrs + Tu 9-10am 10/3-10/24 Free

## EXERCISE FOR BALANCE PART 2

Taking the foundational principles of balance to the next level! Your confidence is increasing, your activity levels are improving and you are starting to notice a difference in how you are walking and moving. Let's challenge that balance further and improve your balance and independence even further with this advanced 6 week balance class. NOTE: You must have successfully completed Exercise for Balance Part 1 within the past year.

**Hoag** **Senior Center in Central Park**  
**450893-5A** 18 yrs + Tu 9-10am 10/31-11/21 Free

## LEAN & FIT

Join us for a fun and energizing workout that will help you burn fat, build lean muscle, and give you that extra energy boost for the day! Incorporating strength, power, stability, and cardio circuit exercises, we promise to sculpt and tighten your entire body so you will look and feel your absolute best! All ages and abilities welcome. Bring a mat, towel, water, and dumbbells. All other equipment provided. *No Class Dates: Nov-10*

**HB Pilates** **Edison Community Center**

<b>450839-2A</b>	16 yrs +	M	9-10am	9/11-10/9	\$67
<b>450839-2B</b>	16 yrs +	M	9-10am	10/16-11/13	\$67
<b>450839-2C</b>	16 yrs +	M	9-10am	11/20-12/11	\$55
<b>450839-2D</b>	16 yrs +	F	9-10am	9/15-10/13	\$67
<b>450839-2E</b>	16 yrs +	F	9-10am	10/20-11/17	\$55
<b>450839-2F</b>	16 yrs +	F	9-10am	12/1-12/15	\$42

**HB Pilates** **Senior Center in Central Park**

<b>450839-5A</b>	16 yrs +	Tu	10:15-11:15am	9/12-10/10	\$67
<b>450839-5B</b>	16 yrs +	W	7-8pm	9/13-10/11	\$67
<b>450839-5C</b>	16 yrs +	Th	10:15-11:15am	9/14-10/12	\$67
<b>450839-5D</b>	16 yrs +	Sa	8-9am	9/16-10/14	\$67
<b>450839-5E</b>	16 yrs +	Tu	10:15-11:15am	10/17-11/14	\$67
<b>450839-5F</b>	16 yrs +	W	7-8pm	10/18-11/15	\$67
<b>450839-5G</b>	16 yrs +	Th	10:15-11:15am	10/19-11/16	\$67
<b>450839-5H</b>	16 yrs +	Sa	8-9am	10/21-11/18	\$55
<b>450839-5I</b>	16 yrs +	Tu	10:15-11:15am	11/21-12/19	\$67
<b>450839-5J</b>	16 yrs +	W	7-8pm	11/22-12/20	\$67
<b>450839-5K</b>	16 yrs +	Th	10:15-11:15am	11/30-12/21	\$55
<b>450839-5L</b>	16 yrs +	Sa	8-9am	11/25-12/16	\$55

## PILATES BARRE WITH CARDIO

Burn mega calories and feel fit and fabulous in no time! This high energy class fuses Pilates, barre, and cardio intervals with the use of resistance bands, exercise balls, and your own body weight to help you get the lean and toned body you have been waiting for! Fitness level: Intermediate. Bring mat, towel, grip socks, and water. *No Class Dates: Nov-11*

**HB Pilates** **City Gym and Pool**

<b>450855-3A</b>	16 yrs +	W	10-11am	9/13-10/11	\$67
<b>450855-3B</b>	16 yrs +	Th	7-8pm	9/14-10/12	\$67
<b>450855-3C</b>	16 yrs +	W	10-11am	10/18-11/15	\$67
<b>450855-3D</b>	16 yrs +	Th	7-8pm	10/19-11/16	\$67
<b>450855-3E</b>	16 yrs +	W	10-11am	11/22-12/20	\$67
<b>450855-3F</b>	16 yrs +	Th	7-8pm	11/30-12/21	\$55

**HB Pilates** **Edison Community Center**

<b>450855-2A</b>	16 yrs +	M	7:30-8:30pm	9/11-10/9	\$67
<b>450855-2B</b>	16 yrs +	M	7:30-8:30pm	10/16-11/13	\$67
<b>450855-2C</b>	16 yrs +	M	7:30-8:30pm	11/20-12/11	\$55

**HB Pilates** **Murdy Community Center**

<b>450855-1A</b>	16 yrs +	Tu	7-8pm	9/12-10/10	\$67
<b>450855-1B</b>	16 yrs +	Tu	7-8pm	10/17-11/14	\$67
<b>450855-1C</b>	16 yrs +	Tu	7-8pm	11/21-12/19	\$67

**HB Pilates** **Senior Center in Central Park**

<b>450855-5A</b>	16 yrs +	Sa	8-9am	9/16-10/14	\$67
<b>450855-5B</b>	16 yrs +	Sa	8-9am	10/21-11/18	\$55
<b>450855-5C</b>	16 yrs +	Sa	8-9am	11/25-12/16	\$55

## PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks. *No Class Dates: Nov-10, Nov-24*

**HB Pilates** **Senior Center in Central Park**

<b>450879-5A</b>	18 yrs +	M	12:30-1:30pm	9/11-10/9	\$57
<b>450879-5B</b>	18 yrs +	Tu	12:30-1:30pm	9/12-10/10	\$57
<b>450879-5C</b>	18 yrs +	W	12:30-1:30pm	9/13-10/11	\$57
<b>450879-5D</b>	18 yrs +	F	12:30-1:30pm	9/15-10/13	\$57
<b>450879-5E</b>	18 yrs +	Any 2 Days	12:30-1:30pm	9/11-10/13	\$100
<b>450879-5F</b>	18 yrs +	Any 3 Days	12:30-1:30pm	9/11-10/13	\$125
<b>450879-5G</b>	18 yrs +	M	12:30-1:30pm	10/16-11/13	\$57
<b>450879-5H</b>	18 yrs +	Tu	12:30-1:30pm	10/17-11/14	\$57
<b>450879-5I</b>	18 yrs +	W	12:30-1:30pm	10/18-11/15	\$57
<b>450879-5J</b>	18 yrs +	F	12:30-1:30pm	10/20-11/17	\$46
<b>450879-5K</b>	18 yrs +	Any 2 Days	12:30-1:30pm	10/16-11/17	\$100
<b>450879-5L</b>	18 yrs +	Any 3 Days	12:30-1:30pm	10/16-11/17	\$125
<b>450879-5M</b>	18 yrs +	M	12:30-1:30pm	11/20-12/18	\$57
<b>450879-5N</b>	18 yrs +	Tu	12:30-1:30pm	11/21-12/19	\$57
<b>450879-5O</b>	18 yrs +	M,W	12:30-1:30pm	11/22-12/20	\$57
<b>450879-5P</b>	18 yrs +	F	12:30-1:30pm	12/1-12/22	\$46
<b>450879-5Q</b>	18 yrs +	Any 2 Days	12:30-1:30pm	11/20-12/22	\$100
<b>450879-5R</b>	18 yrs +	Any 3 Days	12:30-1:30pm	11/20-12/22	\$125



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## PILATES CHAIR - PLUS

Pilates Chair-Plus is the most advanced version of our chair classes. This class will integrate the use of a variety of equipment in the fitness facility, and will move at a quicker pace. We will focus on improving: strength, flexibility, posture, functional fitness, and an enhanced mind-body connection. Pre-requisites: one session of Pilates Chair, and instructor approval. Not suitable for those relying on a walker and/or cane. Bring water and grip socks. *No Class Dates: Nov-10*

### HB Pilates

### Senior Center in Central Park

450826-5A	18 yrs +	W	11:30am-12:30pm	9/13-10/11	\$57
450826-5B	18 yrs +	F	11:30am-12:30pm	9/15-10/13	\$57
450826-5C	18 yrs +	W,F	11:30am-12:30pm	9/13-10/13	\$100
450826-5D	18 yrs +	W	11:30am-12:30pm	10/18-11/15	\$57
450826-5E	18 yrs +	F	11:30am-12:30pm	10/20-11/17	\$46
450826-5F	18 yrs +	W,F	11:30am-12:30pm	10/18-11/17	\$92
450826-5G	18 yrs +	W	11:30am-12:30pm	11/22-12/20	\$57
450826-5H	18 yrs +	F	11:30am-12:30pm	12/1-12/22	\$46
450826-5I	18 yrs +	W,F	11:30am-12:30pm	11/22-12/20	\$92

## PILATES MAT

HB Pilates mat exercises are low impact with high results. HB Pilates' highly certified instructors will help you improve: posture, strength, flexibility, balance, coordination, and total mind-body awareness. Focusing on core strength, we promise to condition your entire body in every class! All ages/abilities welcome. Drop-ins welcome: \$18. Bring: mat, towel, grip socks, and water. *No Class Dates: Nov-10, Nov-11, Nov-23, Nov-24, Dec-16*

### HB Pilates

### City Gym and Pool

450811-3A	16 yrs +	W	9-10am	9/13-10/11	\$67
450811-3B	16 yrs +	Th	6-7pm	9/14-10/12	\$67
450811-3C	16 yrs +	W	9-10am	10/18-11/15	\$67
450811-3D	16 yrs +	Th	6-7pm	10/19-11/16	\$67
450811-3E	16 yrs +	W	9-10am	11/22-12/20	\$67
450811-3F	16 yrs +	Th	6-7pm	11/30-12/21	\$55

### HB Pilates

### Edison Community Center

450811-2A	16 yrs +	M	6:30-7:30pm	9/11-10/9	\$67
450811-2B	16 yrs +	M	6:30-7:30pm	10/16-11/13	\$67
450811-2C	16 yrs +	M	6:30-7:30pm	11/20-12/11	\$55
450811-2D	16 yrs +	F	10-11am	9/15-10/13	\$67
450811-2E	16 yrs +	F	10-11am	10/20-11/17	\$55
450811-2F	16 yrs +	F	10-11am	12/1-12/15	\$42

### HB Pilates

### Murdy Community Center

450811-1A	16 yrs +	M	10-11am	9/11-10/9	\$67
450811-1B	16 yrs +	M	10-11am	10/16-11/13	\$67
450811-1C	16 yrs +	M	10-11am	11/20-12/18	\$67
450811-1D	16 yrs +	Tu	6-7pm	9/12-10/10	\$67
450811-1E	16 yrs +	Tu	6-7pm	10/17-11/14	\$67
450811-1F	16 yrs +	Tu	6-7pm	11/21-12/19	\$67
450811-1G	16 yrs +	Th	5-6pm	9/14-10/12	\$67
450811-1H	16 yrs +	Th	5-6pm	10/19-11/16	\$67
450811-1I	16 yrs +	Th	5-6pm	11/30-12/21	\$55

### HB Pilates

### Senior Center in Central Park

450811-5A	16 yrs +	Tu	9-10am	9/12-10/10	\$67
450811-5B	16 yrs +	Th	8-9am	9/14-10/12	\$67
450811-5C	16 yrs +	Sa	9-10am	9/16-10/14	\$67
450811-5D	16 yrs +	Tu	9-10am	10/17-11/14	\$67
450811-5E	16 yrs +	Th	8-9am	10/19-11/16	\$67
450811-5F	16 yrs +	Sa	9-10am	10/21-11/18	\$55
450811-5G	16 yrs +	Tu	9-10am	11/21-12/19	\$67
450811-5H	16 yrs +	Th	8-9am	11/30-12/21	\$55
450811-5I	16 yrs +	Sa	9-10am	11/25-12/16	\$55

## POWER YOGA

Join us for an hour of Power! This dynamic yoga class will focus on increasing strength and flexibility while utilizing rhythmic breath, and building heat and stamina in the body and mind. Some yoga experience recommended. Bring mat, towel, water, two yoga blocks, and a yoga strap. *No Class Dates: Nov-11*

### HB Pilates

### Senior Center in Central Park

450878-5A	18 yrs +	W	6:30-7:30pm	9/13-10/11	\$67
450878-5B	18 yrs +	Sa	9-10am	9/16-10/14	\$67
450878-5C	18 yrs +	W	6:30-7:30pm	10/18-11/15	\$67
450878-5D	18 yrs +	Sa	9-10am	10/21-11/18	\$55
450878-5E	18 yrs +	W	6:30-7:30pm	11/22-12/20	\$67
450878-5F	18 yrs +	Sa	9-10am	11/25-12/16	\$55

## PRENATAL/POSTNATAL PILATES

Pilates is a safe and gentle way for women to exercise throughout their pregnancy as they prepare for childbirth and after pregnancy when their body is recovering. All exercises are specifically designed for prenatal/postnatal women. This class is suitable for women in their 1st, 2nd, and 3rd trimester and postpartum. (Women at minimum 6-8 weeks postpartum, with doctor's approval) Drop-Ins: \$18. Please bring: mat, towel, grip socks, and water.

### HB Pilates

### Murdy Community Center

450856-1A	18 yrs +	Th	6-7pm	9/14-10/12	\$75
450856-1B	18 yrs +	Th	6-7pm	10/19-11/16	\$75
450856-1C	18 yrs +	Th	6-7pm	11/30-12/21	\$60
450856-1D	18 yrs +	Private Lesson	30 Minutes	9/14-12/21	\$46
450856-1E	18 yrs +	Private Lesson	1 Hour	9/14-12/21	\$76

## RESTORATIVE YOGA

Restorative Yoga is a gentle yoga class that focuses on healing the aches and pains of daily life through gentle movements and stillness by aligning the body and mind. Whether you are seated at a desk all day, working in a fast paced environment, or a fitness addict, everyone needs a little bit of Restorative Yoga in their life to create balance. All levels welcome. Bring yoga mat, two yoga blocks and a yoga strap.

### HB Pilates

### Senior Center in Central Park

450828-5A	18 yrs +	W	5:30-6:30pm	9/13-10/11	\$67
450828-5B	18 yrs +	W	5:30-6:30pm	10/18-11/15	\$67
450828-5C	18 yrs +	W	5:30-6:30pm	11/22-12/20	\$67

## STROLLER WORKOUT

Calling all parents! Why hire a babysitter AND a trainer when you can work out with your little ones! Join us for a one-hour workout at the park that will sculpt and tighten your entire body while you are bonding with your babies and making new friends! Kids 0-4 welcome. 2 kids max. Bring a stroller, mat, water, and snacks. Meet us at the back of the Senior Center in Central Park! Email: [info@hbpilates.com](mailto:info@hbpilates.com) for questions. *No Class Dates: Nov-23*

### HB Pilates

### Senior Center in Central Park

450825-5A	18 yrs +	Tu	9-10am	9/12-10/10	\$67
450825-5B	18 yrs +	W	6-7pm	9/13-10/11	\$67
450825-5C	18 yrs +	Th	9-10am	9/14-10/12	\$67
450825-5D	18 yrs +	Any 2 Classes	9-10am	9/12-10/12	\$100
450825-5E	18 yrs +	Tu	9-10am	10/17-11/14	\$67
450825-5F	18 yrs +	W	6-7pm	10/18-11/15	\$67
450825-5G	18 yrs +	Th	9-10am	10/19-11/16	\$67
450825-5H	18 yrs +	Any 2 Classes	9-10am	10/19-11/16	\$100
450825-5I	18 yrs +	Tu	9-10am	11/21-12/19	\$67
450825-5J	18 yrs +	W	6-7pm	11/22-12/20	\$67
450825-5K	18 yrs +	Th	9-10am	11/30-12/21	\$55
450825-5L	18 yrs +	Any 2 Classes	9-10am	11/21-12/21	\$92

## PILATES CHAIR-SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: core strength, flexibility, posture, upper and lower body strength, and enhanced mind-body connection. *No Class Dates: Nov-10, Nov-24*

### HB Pilates

### Senior Center in Central Park

450895-5A	18 yrs +	M	11:45am-12:30pm	9/11-10/9	\$52
450895-5B	18 yrs +	F	11:45am-12:30pm	9/15-10/13	\$52
450895-5C	18 yrs +	M,F	11:45am-12:30pm	9/11-10/13	\$92
450895-5D	18 yrs +	M	11:45am-12:30pm	10/16-11/13	\$52
450895-5E	18 yrs +	F	11:45am-12:30pm	10/20-11/17	\$42
450895-5F	18 yrs +	M,F	11:45am-12:30pm	10/16-11/17	\$83
450895-5G	18 yrs +	M	11:45am-12:30pm	11/20-12/18	\$52
450895-5H	18 yrs +	F	11:45am-12:30pm	12/1-12/22	\$42
450895-5I	18 yrs +	M,F	11:45am-12:30pm	11/20-12/22	\$83

## UNLIMITED HB PILATES & FITNESS CLASSES

Unlimited HB Pilates and Fitness Classes allow you to access all HB Pilates classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, Stroller Workout and Power Yoga and Restorative Yoga! Enjoy the convenience of making your own schedule and the opportunity to come to an unlimited number of classes per week. Limited spaces available and some restrictions apply. E-mail: [info@hbpilates.com](mailto:info@hbpilates.com). *No Class Dates: Nov-10, Nov-11, Nov-23, Dec-16, Dec-24*

### HB Pilates

### All Community Center Locations

450896-1A	16 yrs +	Attend any HB Pilates class	9/11-10/14	\$195
450896-1B	16 yrs +	Attend any HB Pilates class	10/16-11/18	\$195
450896-1C	16 yrs +	Attend any HB Pilates class	11/20-12/22	\$195

## PRIVATE PILATES, YOGA & PERSONAL TRAINING

It's time to take your training to the next level! Whether you're looking to lose serious weight, change up your workouts, or just tone up and get stronger, working one-on-one with a Personal Trainer and/or Pilates Instructor will change your life. Each one-hour workout is designed to target your personal health and fitness goals which will help maximize your results. Discounts given for multiple lessons. Group rates available. Times and dates TBD. Attend any HB Pilates class. *No Class Dates: Nov-10, Nov-23, Nov-24, Dec-16*

### HB Pilates

### All Community Center Locations

450897-1A	16 yrs +	TBD	1 Session	9/11-10/28	\$45
450897-1B	16 yrs +	TBD	1 Session	10/30-12/22	\$45
450897-1C	16 yrs +	TBD	10 Sessions	9/11-10/28	\$425
450897-1D	16 yrs +	TBD	10 Sessions	10/30-12/22	\$425
450897-1E	16 yrs +	TBD	20 Sessions	9/11-10/28	\$800
450897-1F	16 yrs +	TBD	20 Sessions	10/30-12/22	\$800

## 5 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This is the pass for you! This 5 pack of classes is good for any HB Pilates fitness classes: Ab-Core Blast, Lean & Fit, Pilates Barre with Cardio, Pilates Chair, Pilates Mat, Power Yoga Restorative Yoga, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. *No Class Dates: Nov-10, Nov-11, Nov-23, Nov-24, Dec-16*

### HB Pilates

### All Community Center Locations

450611-1A	16 yrs +	Attend Any HB Pilates Class	9/11-10/14	\$85
450611-1B	16 yrs +	Attend Any HB Pilates Class	10/16-11/18	\$85
450611-1C	16 yrs +	Attend Any HB Pilates Class	11/20-12/22	\$85

## 10 CLASS PACK

Interested in adding a few extra classes to your busy schedule but can't commit to a full session? This 10-class the pass for you! Mix and match your classes with any HB Pilates fitness classes: Ab-Core Blast, Lean & Fit, Pilates Barre with cardio, Power Yoga, Restorative Yoga, Pilates Chair, Pilates Mat, Prenatal/Postnatal Pilates, and Stroller Workout! Limited spaces available/some restrictions apply. Email [info@hbpilates.com](mailto:info@hbpilates.com) for questions. *No Class Dates: Nov-10, Nov-11, Nov-23, Nov-24, Dec-16*

### HB Pilates

### All Community Center Locations

450612-1A	16 yrs +	Attend Any HB Pilates Class	9/11-10/14	\$160
450612-1B	16 yrs +	Attend Any HB Pilates Class	10/16-11/18	\$160
450612-1C	16 yrs +	Attend Any HB Pilates Class	11/20-12/22	\$160

## CARDIO STEP & BODY SCULPT

Step aerobics is a high calorie-burning workout with less stress on ankles and joints compared to other impact classes. Steps range from 4 to 8 inches accommodating beginner through advanced. Upper body workout with light weights and abdominal work finishes up the class. Bring hand weights and a mat. *No Class Dates: Nov-10, Nov-20, Nov-22, Nov-24*

### Susan Hardy

### Edison Community Center

450851-2A	13 yrs +	M,W,F	5:15-6:15pm	9/11-12/15	\$144
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## CARDIO STEP FOR THE HEART

This class raises the heart rate by stepping up and down on 4 or 8-inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for CARDIO STEP FOR THE HEART plus HEAD TO TOE WORKOUT together for only \$166. *No Class Dates: Nov-10, Nov-20, Nov-22, Nov-24*

### Susan Hardy

### Murdy Community Center

450835-1A	13 yrs +	M,W,F	9:15-10am	9/11-12/15	\$137
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## CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of handweights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor.

### Marianne Grossman

### Senior Center in Central Park

450816-5A	18 yrs +	F	10:15-11:15am	9/15-12/8	\$65.50
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## CHAIR DANCE

Chair Dance has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun music from past eras through today and have a joyful time moving with our uplifting instructor. Dance is top-rated for your brain! All exercises are performed seated.

### CS Dance Factory

### Senior Center in Central Park

450880-5A	18 yrs +	Th	12:30-1:15pm	9/14-10/19	\$60
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Register Online! [www.hbsands.org](http://www.hbsands.org)

## CHAIR YOGA

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath-centered practice suitable for all levels. Instructor: Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Oct-9, Oct-16, Nov-20*

**Diane Pavesic**

**Senior Center in Central Park**

**450866-5A** 18 yrs + M 10-11am 9/18-12/4 \$74  
**450866-5B** 18 yrs + M 11:15am-12:15pm 9/18-12/4 \$74

## FITNESS FOR LIFE

Come join our work-out using body weights, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

**Phil Hart**

**Senior Center in Central Park**

**450838-5A** 18 yrs + W 5:45-6:45am 9/13-11/12 \$95

## FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). \$4 material fee for Dynaband payable in class. *No Class Dates: Nov-21, Nov-23, Nov-30*

**Marianne Grossman**

**Senior Center in Central Park**

**450817-5A** 50 yrs + Tu 10:15-11am 9/12-12/5 \$48  
**450817-5B** 50 yrs + Th 10:45-11:30am 9/14-12/7 \$48

## HEAD TO TOE WORKOUT

A total body workout accommodating all fitness levels. Using body weight, hand weights, bands or tubes as resistance. This workout includes arms, upper body as well as targeting legs, lower body and abs. Exercises emphasize injury prevention. Bring mat and weights. \*Sign-up for HEAD TO TOE WORKOUT plus CARDIO STEP FOR THE HEART together for only \$166. *No Class Dates: Nov-10, Nov-20, Nov-22, Nov-24*

**Susan Hardy**

**Murdy Community Center**

**450841-1A** 13 yrs + M,W,F 8:30-9:15am 9/11-12/15 \$137

## JAZZERCISE

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence. That's where we come in. Jazzercise is a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Our cardio, strength training, stretching moves will leave you breathless, toned and coming back for more. Start working it...with Jazzercise. Classes will be Monday, Wednesday, Friday's from 8:45-9:50am and Tuesday's from 5:30-6:40pm.

**Erica Den Hartog**

**City Gym and Pool**

**450853-3A** 13 yrs + M,W,F 8:45-9:50am 10 class pack \$70  
**450853-3B** 13 yrs + M,W,F 8:45-9:50am 20 class pack \$100

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Build Family Unity

## KICKBOXING AEROBICS

Shape up with a black belt instructor who makes the popular karate kick boxing exercise fun for all levels. Easy to follow punches, kicks, elbow strikes and more. After a warm-up, stretch and aerobic segment, students have fun punching a bag. This workout burns twice the calories of a typical aerobic class. *No Class Dates: Oct-3*

**Julia Weber**

**Murdy Community Center**

**450842-1A** 12-75 yrs Tu 7-8pm 9/12-12/12 \$89

## QIGONG

Esteemed by the Chinese for thousands of years for illness prevention and therapeutic benefit, this easy-to-learn practice includes gentle movements to promote flexibility and tone, breathing methods to calm. All activity is done standing or sitting in a chair. Instructor has a Qigong Master teaching credential. 1st class is free.

**Donald Walker**

**Murdy Community Center**

**450864-1A** 18 yrs + W 6-7:15pm 9/13-10/25 \$49

## SATURDAY AM CARDIO STEP/BODY SCULPT

Make this class your wake-up workout. Using a 4"-8" step (or low impact on floor) for cardio. Bring weights for upper body workout and a mat for AB work. You'll be energized for the weekend!

*No Class Dates: Nov-11, Nov-25*

**Susan Hardy**

**Edison Community Center**

**450846-2A** 13 yrs + Sa 9:15-10:15am 9/16-12/16 \$61

## SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated! *No Class Dates: Oct-31, Oct-23, Nov-20, Nov-22*

**Marianne Grossman**

**Senior Center in Central Park**

**450837-5A** 50 yrs + Tu,F 9-9:45am 9/12-12/8 \$77

## SLIM & TRIM

Fun with low-impact aerobics, simple dance steps, slow stretching, lively floor routines, firming and toning, and relaxing lower back exercises done to a variety of music styles. See you in class. Bring a mat.

**Georgia Spidle**

**Lake Park Clubhouse**

**450847-2A** 13 yrs + M,W,F 9-10am 9/11-12/1 \$60

## SILVER GLOVE FITNESS

Silver Glove Fitness is a non-contact boxing program that provides a workout that is fun, challenging and always changing. Boxing uses the entire body and has been proven to improve quality of life and overall health. It is a workout that gets your body moving and heart rate going, all while having fun. All levels from beginner to advanced are welcome. Please bring a yoga mat, towel, and water. A material fee of \$35 for boxing wraps and gloves is payable to instructor on the first day of class. These items may also be purchased by the participant prior to the class starting.

**Andrew Deming**

**Senior Center in Central Park**

**450820-5A** 18 yrs + M 8:15-9:15am 9/11-10/16 \$80  
**450820-5B** 18 yrs + W 8:15-9:15am 9/13-10/18 \$80  
**450820-5C** 18 yrs + M 8:15-9:15am 10/30-12/11 \$80  
**450820-5D** 18 yrs + W 8:15-9:15am 11/1-12/13 \$80

## TAI CHI BASICS SET 1

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy to learn flowing movements which reduce stress, strengthen, balance, and revitalize. Set 1 emphasizes the upper body and can be done sitting or standing. First class free!

**Donald Walker** **Edison Community Center**  
**450887-2A** 18 yrs + M 1-2:15pm 9/11-10/23 \$49

## TAI CHI BASICS SET 2

Discover SHIBASHI, the most popular Tai Chi/Chi Kung exercise in the world, practiced by 10 million people daily. 18 gentle, easy-to-learn flowing movements which reduce stress, strengthen, balance and revitalize. Set 2 emphasizes the lower body, improves balance and leg strength. First class free! **PREREQUISITE:** Completion of Set 1.

**Donald Walker** **Edison Community Center**  
**450911-2A** 18 yrs + M 2:30-3:45pm 9/11-10/23 \$49

## TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Nov-20, Nov-23*

**Shona Howe** **Senior Center in Central Park**  
**450881-5A** 18 yrs + M 6:45-8:15am 9/11-12/11 \$72  
**450881-5B** 18 yrs + Th 8:55-10:25am 9/14-12/14 \$72

## TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing. *No Class Dates: Nov-20, Nov-23*

**Shona Howe** **Senior Center in Central Park**  
**450882-5A** 18 yrs + M 6:45-8:15am 9/11-12/11 \$72  
**450882-5B** 18 yrs + Th 8:25-10:25am 9/14-12/14 \$72

## TAI CHI (YANG STYLE)

Usually called "moving meditation," this ancient Chinese health class focuses on stress reduction, balance, increasing energy and flexibility. Tai Chi uses easy techniques on gentle, slow, repeated movements to improve health and well-being. Medical professionals recommend Tai Chi to improve balance, coordination, breathing, leg strength, and relax mentally and physically at deep levels. Wear comfortable clothing. \$20 material fee due at first class. DVD included. Check payable to Makena Solutions LLC or Bing Luh.

**Makena Solutions LLC** **HB Art Center**  
**450884-4A** 16 yrs + Tu 10:30-11:45am 9/26 Free  
**450884-4B** 16 yrs + Tu 10:30-11:45am 10/3-11/21 \$125/113  
**450884-4C** 16 yrs + W 6:30-7:45pm 9/27 Free  
**450884-4D** 16 yrs + W 6:30-7:45pm 10/4-11/22 \$125/113

## TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: Nov-21*

**Marianne Grossman** **Edison Community Center**  
**450857-2A** 18 yrs + Tu 5:30-6:30pm 9/12-12/5 \$78

**Marianne Grossman** **Senior Center in Central Park**  
**450857-5A** 18 yrs + M 5:30-6:30pm 9/11-12/4 \$78

## TOTAL BODY WORKOUT/CARDIO STEP

This class raises the heart rate by stepping up and down on 4 or 8 -inch steps. A step workout effectively burns fat while strengthening your heart and toning lower body. Different size steps are provided for beginners through advanced levels. \*Sign-up for **CARDIO STEP FOR THE HEART** plus **HEAD TO TOE WORKOUT** together for only \$166. *No Class Dates: Nov-10, Nov-20, Nov-22, Nov-24*

**Susan Hardy** **Murdy Community Center**  
**450886-1A** 13 yrs + M,W,F 8:30-10am 9/11-12/15 \$166

## YOGA: CITY GYM

These classes are structured to increase body awareness and reduce stress while increasing flexibility and strength. Avoid eating two hours prior to class. Wear comfortable clothing and bring an exercise mat and towel or blanket.

**Yvonne Carmichael** **City Gym and Pool**  
**450867-3A** 16 yrs + M 10:30am-12pm 9/11-11/13 \$97

## YOGA: MURDY

Beginner & intermediate students welcome! Classes are sequenced to increase flexibility while strengthening the entire body (back, hips, shoulders, neck etc.) Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. If there are existing medical conditions, please check with your doctor before proceeding.

*No class dates:*

\**Jacki King: Oct-9, Oct-11, Nov-8, Nov-20, Nov-22*

\*\**Susan Holden: Oct-9, Oct-31, Nov-10, Nov-20, Nov-21, Nov-24*

**Jacki King -E-RYT, CYT, YACEP\*** **Murdy Community Center**  
**451124-1A** 16 yrs + M 4:35-5:35pm 9/18-12/4 \$82  
**451124-1B** 16 yrs + W 10:15-11:15am 9/20-12/6 \$74  
**451124-1C** 16 yrs + W 4-5pm 9/20-12/6 \$74

**Susan Holden\*\*** **Murdy Community Center**  
**450876-1A** 16 yrs + M 6-7pm 9/18-12/4 \$82  
**450876-1B** 16 yrs + M 7:15-8:15pm 9/18-12/4 \$82  
**450876-1C** 16 yrs + Tu 5:30-6:45pm 9/19-12/5 \$82  
**450876-1D** 16 yrs + F 4-5pm 9/15-12/8 \$90

**Yvonne Carmichael** **Lake View Clubhouse**  
**451125-1A** 16 yrs + W 10:30am-12pm 9/13-11/15 \$97  
**451125-1B** 16 yrs + F 10:30am-12pm 9/15-11/17 \$97

Register Online! [www.hbsands.org](http://www.hbsands.org)



## YOGA AT EDISON

Yoga unites mind & body improving general health, balance, and well-being. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat and blanket. *No Class Dates: Oct-11, Oct-18, Nov-22*

Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500		Edison Community Center			
450868-2A	18 yrs +	W	4:30-5:30pm	9/20-12/6	\$74
450868-2B	18 yrs +	W	5:45-6:45pm	9/20-12/6	\$74
450868-2C	18 yrs +	W	7-8pm	9/20-12/6	\$74

## YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body, improving general health, balance and wellbeing. Therapeutically oriented class integrates postures, meditation, Yoga philosophy and research in a breath centered practice suitable for all levels. Bring mat & blanket. Diane Pavesic, BSN, CCM, YTRx-500 C, ERYT-500, C-IAYT. *No Class Dates: Oct-12, Oct-19, Nov-23*

Diane Pavesic		Senior Center in Central Park			
450872-5A	18 yrs +	Th	10-11am	9/21-12/7	\$74
450872-5B	18 yrs +	Th	11-12pm	9/21-12/7	\$74

## YOGA

Yoga benefits the body, mind and spirit by reducing stress, strengthening the body, improving flexibility, increasing body awareness and deepening the breath. These breath centered classes are sequenced to be appropriate for all levels and ages. Bring a yoga mat and a towel or blanket. *No Class Dates: Oct-31, Nov-10, Nov-21, Nov-24*

Susan Holden		Senior Center in Central Park			
450892-5A	18 yrs +	Tu	10:30-11:30am	9/19-12/5	\$82
450892-5B	18 yrs +	F	10-11am	9/15-12/8	\$90

## ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness		Senior Center in Central Park			
450813-5A	6 yrs +	Tu	6-6:45pm	9/12-11/28	\$69

## ZUMBA

It's different! Effective! Zumba's body sculpting moves and engaging dance steps are set to a fabulous fusion of Latin and International music. Cha-cha, mambo, rock-n-roll and belly dance your way to fitness in this exciting class of calorie-torching, fun-infused class. Going on vacation? We'll pro-rate you for the number of weeks you attend. Walk-ins welcome \$12. *No Class Dates: Nov-22*

SockhopFitness		Edison Community Center			
450858-2A	16 yrs +	W	6:30-7:15pm	9/13-12/13	\$78

Register Online!  
[www.hbsands.org](http://www.hbsands.org)

## ZUMBA GOLD

Zumba Gold is perfect for active adults looking for the great moves of Zumba at lower impact. This fun-filled class will improve cardiovascular strength, balance, muscle tone and flexibility. The lively mix of Latin and International music will leave you feeling inspired and strong. Ditch the workout! Join the Party! *No Class Dates: Nov-11*

SockhopFitness		Murdy Community Center			
450860-1A	50 yrs +	Tu	8:05-8:50am	9/19-12/12	\$78
SockhopFitness		Senior Center in Central Park			
450860-5A	50 yrs +	F	9-9:45am	9/22-12/15	\$73

## ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances. *No Class Date: Nov-2*

Marianne Grossman		Senior Center in Central Park			
450848-5A	55 yrs +	Th	9-10am	9/14-12/7	\$65.50

## ZUMBA + ZUMBA TONING

The best of both! Get Zumba Toning on Mondays plus Zumba on Wednesdays at a nice discount. Monday classes emphasize Toning; Wednesday classes emphasize dance; both days emphasize fun and fabulous world music while you get fit. Bring: towel, water, and light weights or Toning Sticks. Mon meets 6-6:45pm & Wed meets 6:30-7:15pm. *No Class Dates: Nov-22*

SockhopFitness		Edison Community Center			
450827-2A	16 yrs +	M	6-6:45pm	9/11-12/13	\$145
		W	6:30-7:15pm		

## ZUMBA TONING

The perfect way to sculpt while having a total blast! Zumba Toning combines body-sculpting exercises and high energy cardio with Latin-infused Zumba moves for a calorie torching, strength training dance fitness party. Lightweight, maraca-like Zumba Toning sticks can be purchased or bring 1-3 lb. hand weights. Going on vacation? We'll prorate you for the number of weeks you attend.

SockhopFitness		Edison Community Center			
450888-2A	16 yrs +	M	6-6:45pm	9/11-12/11	\$84

## MARTIAL ARTS

### FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee of \$80 includes 4 family members one time per week, a \$6 fee per extra student. Take 2 days per week for \$120 up to 4 people-if more than 4 students, add \$6 per student. Take 3 days per week for \$160 up to 4 people-if more, add \$6 per student. *No Class Dates: Sep-2, Oct-7, Nov-4, Nov-11, Nov-23, Dec-2*

Frances Cardinal		Senior Center in Central Park			
450904-5A	3 yrs +	Tu	5-6pm	9/12-12/19	\$80
450904-5B	3 yrs +	Th	5-6pm	9/14-12/21	\$80
450904-5C	3 yrs +	Sa	10am-12pm	9/16-12/23	\$80

## MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$80, any 2 days \$120, 3x week \$160. No Class Dates: Sep-2, Oct-7, Nov-4, Nov-11, Nov-23, Dec-2

<b>Frances Cardinal</b>		<b>Senior Center in Central Park</b>			
<b>450901-5A</b>	14 yrs +	Tu	6:15-7:45pm	9/12-12/19	\$80
<b>450901-5B</b>	14 yrs +	Th	6:15-7:45pm	9/14-12/21	\$80
<b>450901-5C</b>	14 yrs +	Sa	10am-12pm	9/16-12/23	\$80

## KARATE-DO TRADITIONAL JAPANESE

Learn traditional karate. Improve your physical fitness and balance. Come and learn basic Japanese commands and counting, meditation, self-defense, and how to spar correctly. This class is ongoing and progressive. Uniforms and equipment are available for purchase from instructor. Beginner/All Ranks No Class Dates: Nov-18, Nov-23

<b>Wadoryu USA</b>		<b>Edison Community Center</b>			
<b>450907-2A</b>	18 yrs +	Th	7:15-8:15pm	9/14-12/14	\$110

## ADULT TAE KWON DO

Participants will learn the foundations of martial arts from Master Kia, a 7th degree black belt, with over 40 years of experience. They will work on overall physical fitness, discipline, focus, leadership, and self defense. This class is ongoing and progressive. Uniforms available for purchase from instructor. Beginners-Advanced welcome! No Class Dates: Nov-23

<b>Kiavash Tillehkooh</b>		<b>City Gym and Pool</b>			
<b>450909-3A</b>	15 yrs +	M	7:15-8pm	9/11-12/11	\$188
<b>450909-3B</b>	15 yrs +	Tu	7:15-8pm	9/12-12/12	\$188
<b>450909-3C</b>	15 yrs +	W	7:15-8pm	9/13-12/13	\$188
<b>450909-3D</b>	15 yrs +	Th	7:15-8pm	9/14-12/14	\$188

## MUSIC

### UKULELE - BEGINNING

Would you like to learn to play ukulele? If so, this is the class for you! Guava Groove Ukulele Players will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 material fee due at first class.

<b>Guava Groove</b>		<b>Senior Center in Central Park</b>			
<b>451003-5A</b>	18 yrs +	Tu	9:30-10:30am	9/12-10/24	\$75
<b>451003-5B</b>	18 yrs +	Tu	9:30-10:30am	10/31-12/5	\$75

### GUAVA GROOVE UKULELE

Guava Groove Ukulele players are designed for intermediate to advanced ukulele players. Students will learn progressive strums, chords, tab, notation and theory. Requirements: (1) At least one year of Beginning Ukulele or equivalent knowledge. (2) Instructor approval to enroll.

<b>Guava Groove</b>		<b>Senior Center in Central Park</b>			
<b>451004-5A</b>	18 yrs +	Tu	10:45-11:45am	9/12-10/24	\$75
<b>451004-5B</b>	18 yrs +	Tu	10:45-11:45am	10/31-12/5	\$75

## UKULELE STRUM

Catch the Ukulele bug! Play and sing great American songs from many decades. Improve your ability and style while expanding your music repertoire and meeting great people like yourself. Must have first taken any beginning ukulele class. Bring a music stand. \$15 material fee due at first class. No Class Dates: Nov-10, Nov-24

<b>Shirley Orlando</b>		<b>Senior Center in Central Park</b>			
<b>451010-5A</b>	18 yrs +	F	1-2:30pm	9/15-11/17	\$70

## GROUP GUITAR

Have you ever wanted to be a rockstar? Well now's the time! Learn to play guitar and have fun playing your favorite songs in no time! Beatles, Rolling Stones, Green Day, Weezer, and so much more! All levels welcome, so don't delay and learn to play today. Bring your own guitar, \$20 material fee for book. No Class Dates: Nov-23

<b>The RockBand Experience</b>		<b>HB Art Center</b>			
<b>451008-4A</b>	13 yrs +	Th	4:30-5:30pm	9/14-10/5	\$89/81
<b>451008-4B</b>	13 yrs +	Th	4:30-5:30pm	10/12-11/2	\$89/81
<b>451008-4C</b>	13 yrs +	Th	4:30-5:30pm	11/9-12/7	\$89/81

## SPECIAL INTEREST

### BEGINNING BRIDGE

Learn party or contract bridge. Bridge is great social game. Meet new friends. Bridge players want more players. Learn to bid, play and defend while working with partner to achieve your goals. This session is 9 weeks. Get ready for holiday bridge season. No partner needed. All are welcome! No Class Dates: Nov-11

<b>Rita Spira</b>		<b>Senior Center in Central Park</b>			
<b>451102-5A</b>	18 yrs +	M	6:45-8:15am	9/11-11/6	\$66
<b>451102-5B</b>	18 yrs +	W	8:30-10:30am	9/13-11/8	\$66

### BRIDGE INTERMEDIATE

Knowledge of the basics is required for this class. Last session for this year. In 9 weeks class we will cover Scoring, Stayman, Jacoby transfer, Pre-emptive bid, 2 Club bid, Defending, Michael's cue bid. Hand outs and quizzes provided. No partner required. Bring all your friends.

<b>Rita Spira</b>		<b>Senior Center in Central Park</b>			
<b>451103-5A</b>	18 yrs +	Tu	3-5pm	9/12-11/7	\$66

### WARD'S DUPLICATE BRIDGE

Learn and practice the ACBL duplicate bridge; bidding, playing and strategy conventions as formerly taught by Ward Trumbull.

<b>Senior Center Volunteer</b>		<b>Senior Center in Central Park</b>			
<b>451107-5A</b>	18 yrs +	Tu	12:30-2:30pm	9/12-12/12	\$20

### PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must! No Class Dates: Nov-10, Nov-24

<b>Senior Center Volunteer</b>		<b>Senior Center in Central Park</b>			
<b>451108-5A</b>	18 yrs +	F	1-4pm	9/15-12/15	\$20



## CPR/AED FOR INFANTS, CHILDREN AND ADULTS

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring self-addressed stamped envelope. \$15 material fee due at first class. Includes Heartsaver CPR book.

**OC-CPR NET** **Murdy Community Center**  
**451104-1A** 16 yrs + Sa 9am-1pm 11/18 \$50

## DINNER BOOK CLUB

Have dinner and stimulating conversation with others who love good books. Please read "A Gentleman in Moscow" by Amor Towles by the first class meeting. The remaining books will be selected by the class each month. Class meets the second Wednesday of each month. \$5 material fee due at each meeting. Class meets 10/11, 11/8, 12/13, 1/10.

**April Berg** **Senior Center in Central Park**  
**451101-5A** 18 yrs + W 8-9pm 10/11-1/10 \$30

## HB KNITWITS

The Knitwits want to learn to knit! Students will learn basic knitting stitches and practice these stitches while choosing and completing a simple fun project. At the last meetings we will discuss more advanced topics using different needles and stitches. You will learn to correct mistakes and dazzle your friends.

**Wendy Gingerich** **Senior Center in Central Park**  
**451128-5A** 18 yrs + W 12:30-2pm 9/13-11/1 \$6

## CONQUER THAT KNITTING PROJECT

Come join us to get help or ask questions as you work on your knitting projects. All you need is a basic knowledge of knitting stitches. Participants will get help with more complex stitches, correcting mistakes and reading patterns. Let's get together to finish your projects. Participants must bring their own knitting equipment, patterns, and supplies. Class will meet every 1st and 3rd Thursday of the month.

**Wendy Gingerich** **Senior Center in Central Park**  
**451132-5A** 18 yrs + Th 12:30-2pm 9/21-12/7 Free



## JOURNAL WRITING: BECOMING YOUR OWN BEST FRIEND!

Journal writing is a powerful tool for taking charge of one's life and working through problems, healing relationships, interpreting dreams, recovering from grief, and healing hurts and unfinished business that keeps us from true happiness. Spend two days in a supportive atmosphere learning the basics of journal writing and gain a trusted new ally in your life - you! Journal writing is a practical and soulful way to learn to be your own best friend. Previous writing skills are not necessary.

**Sharon Fleming** **Senior Center in Central Park**  
**451131-5A** 18 yrs + F 9am-12:30pm 11/3-11/10 \$50

## WRITING YOUR LIFE STORY

Writing the story of your life can be one of the most life-affirming gifts you can give yourself and those you love. Join like-minded people to learn skills and techniques that will enable you to actually put your life into words rather than just think about it. Give yourself, your children, and your friends a beautiful gift - the story of your life so far. Prior writing skills are not necessary.

**Sharon Fleming** **Senior Center in Central Park**  
**451121-5A** 18 yrs + Th 10am-12pm 10/5-11/30 \$79

## SPORTS

### VOLLEYBALL: ADULT INDOOR CLINIC

Take your game to the next level! The beginner class is designed for those new to the game as well as players who struggle with general consistency in their ball control. For the more experienced player, look to the intermediate class to sharpen your skills and technique. Guided play to follow instruction and drills.

**Matt Taylor Volleyball** **City Gym and Pool**  
**BEGINNER**  
**451309-3A** 16 yrs + Th 6:15-7:45pm 9/14-11/16 \$139  
**INTERMEDIATE**  
**451309-3B** 16 yrs + Th 7:45-9:15pm 10/19-11/16 \$70

### WOMEN'S INTERMEDIATE VOLLEYBALL LEAGUE

Tuesday's - Intermediate class from 9:30-12:30,  
 Wednesday's - Advanced only 4's from 10-12:00pm,  
 Thursday's - Advanced only from 9:30-12:30pm,  
 Friday's - Advanced only 4's from 10-12:00pm.

If you are a new player you must try out the first week. You will be assessed at a satisfactory skill level. Please arrive 20 minutes early for try-outs. *No Class Dates: Nov-21, Nov-22, Nov-23*

**Joann DiGiovanni** **City Gym and Pool**  
**INTERMEDIATE**  
**451302-3A** 18 yrs + Tu 9:30am-12:30pm 9/19-10/17 \$40  
**451302-3B** 18 yrs + Tu 9:30am-12:30pm 10/24-11/28 \$40  
**ADVANCED**  
**451302-3C** 18 yrs + Th 9:30am-12:30pm 9/21-10/19 \$40  
**451302-3D** 18 yrs + Th 9:30am-12:30pm 10/26-11/30 \$40  
**451302-3E** 18 yrs + W 10am-12pm 9/20-10/18 \$35  
**451302-3F** 18 yrs + W 10am-12pm 10/25-11/29 \$35

## ADULT SPORTS

### ADULT SIX'S VOLLEYBALL LEAGUES

Monday & Wednesday Nights 6:00-10:00 PM. Winter, Spring, Summer & Fall Sessions. This program is designed to provide a structured, competitive volleyball league for players of various skill levels. New teams are evaluated and placed in an appropriate divisional level. We work with individuals to place them on just the right team. Three levels of Coed (3-men & 3-women) is offered on Monday nights. Advanced Women's League is offered on Wednesday nights. Games will be played at the City Gym. Each team must pay directly to the official a fee of \$14 before each match. Each match consists of three games. To enter a team or join an existing team, call Rics Volleyball (714) 375-5063.

### ARENA SOCCER LEAGUES

The City of Huntington Beach offers year round adult arena soccer leagues at the award winning Central Park Sports Complex. Games will be played on artificial sports turf under the lights starting the week of September 11, 2017. Team registration costs are \$400.00 per 8 week season plus referee fees (\$20.00) per game paid directly to the official by each team. League play will be 6 v 6 - including the goalie. All teams must have uniforms with numbers. Registration packets are available at City Hall, on the City website ([surfcity-hb.org](http://surfcity-hb.org)) or by mail. For league information or to be placed on the individual players list, please call (714) 536-2530. The first day of registration will be August 1, 2017. The deadline to turn in team registration to City Hall is September 1, 2017.

6 v 6 Men's Open League	Monday Nights	7pm, 8pm, 9pm
6 v 6 Men's Rec League - 28 & Over	Tuesday Nights	7pm, 8pm, 9pm
6 v 6 Men's Open League	Wednesday Nights	7pm, 8pm, 9pm
6 v 6 Coed Men's Open League	Thursday Nights	7pm, 8pm, 9pm
6 v 6 Coed Open League	Friday Nights	7pm, 8pm, 9pm

Registration information for the Winter 2018 season will be available in November for the season starting in Mid-January, 2018.

### ADULT SLO-PITCH SOFTBALL LEAGUES

The Huntington Beach Community Services Department offers year round adult softball leagues for Men and Coed teams. The Fall season will begin the week of August 21, 2017 and continue for approximately eleven weeks. Men's teams play Sunday, Monday, Tuesday or Thursday nights. Coed teams play Sunday afternoons or evenings and Wednesday nights. Team registration costs are \$420.00 plus umpire fee. The umpire fee (\$15) is paid at each game directly to the umpire.

Over 55 Senior Leagues are offered on Sunday mornings/ early afternoons and on Thursday nights. Senior Coed leagues are offered on Tuesday evenings. Legends Senior Women's Softball Association plays on Monday nights at Greer and Thursday nights at Murdy Park. If you are interested in the Senior Women's leagues, please call: 714 523-2313 The team registration fee for the Senior Leagues is \$200 per team, plus the \$15.00 per game official's fee.

Deadline for registration is Friday, August 4, 2017. Late-Registration will be taken after the deadline if league space permits. All accepted late registration is subject to a \$25.00 late fee. Registration packets are available at City Hall, on the City website or by mail. Individuals who wish to join a team may call the Community Services Department at 714-536-5486 and will be put on an eligibility list made available to the team managers.

Registration information for the Winter 2018 season will be available in November for the season starting in Mid-January, 2018.

### BEACH VOLLEYBALL: ADULT BEGINNERS

This adult program is designed for individuals with minimal or no beach volleyball experience. Our friendly coaches will introduce you to the great game of beach volleyball in a fun, relaxed and non-threatening environment. For more info, please visit [www.GoldenCoastVolleyball.com](http://www.GoldenCoastVolleyball.com).

**Beach Volleyball CA Inc** **15th Street & PCH**  
451313-2A 18 yrs + Tu 5:20-6:20pm 9/12-10/24 \$100

### BEACH VOLLEYBALL: ADULT INTERMEDIATE

This class is designed for individuals with playing experience who can serve, pass, set and spike consistently. Sessions run by experienced beach volleyball coaches will be structured around the development of a specific skill each week and then applying that skill in a game situation.

**Beach Volleyball CA Inc** **15th Street & PCH**  
451311-2A 18 yrs + Th 5:20-6:20pm 9/14-10/26 \$100

### KING AND QUEEN OF THE COURT VOLLEYBALL

How do you stack up against the rest? This 6 on 6 coed tournament is designed to find the top male and female player at the intermediate/advanced level. Each game, participants are given different team assignments and win points based on their team performances. Total individual points on the last night establish winners! Prizes awarded. A \$20 material fee is payable to instructor.

**Matt Taylor Volleyball** **City Gym and Pool**  
451323-3A 16 yrs + Th 7:45 - 9:45pm 9/14-10/12 \$55

## SURF & SKATE

### LEARN TO SURF

This is a 4 lesson surf program that stresses beach safety and fun while you learn the basics of catching and riding waves, and ocean safety. Students must be able to swim. Boards and wetsuits provided. Lessons are run by a former pro surfer and coach with 30 years experience. [www.hbsurfschool.com](http://www.hbsurfschool.com).

**HB Surf School** **285 PCH**  
451403-2A 18 yrs + Sa 10-11:30am 9/2-9/23 \$225  
451403-2B 18 yrs + Sa 10-11:30am 10/7-10/28 \$225  
451403-2C 18 yrs + Sa 10-11:30am 11/4-11/25 \$225

### ICE SKATING FOR ADULTS

Learn to skate across the ice forward and backward, stop, hop, spin and more! Includes skate rental, 30-minute lesson, free practice on day of class (6:40-7:10pm), and three additional skating passes to be used during the 4-week session. Please arrive 15 minutes early to the 1st class and dress warm. *No Class Dates: Nov-22, Nov-25*

**The Rinks Westminster ICE 13071 Springdale Street, Westminster**  
451312-1A 17 yrs + W 6:40-7:10pm 9/13-10/4 \$37  
451312-1B 17 yrs + W 6:40-7:10pm 10/18-11/8 \$37  
451312-1C 17 yrs + W 6:40-7:10pm 11/15-12/13 \$37

**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**



A member of the  
St. Joseph Hoag Health alliance

## Complimentary Health Screenings

### Blood Pressure Checks

September 5, October 3, November 7, & December 5  
9:30 a.m. – 11:30 a.m.

### Hearing Screening

September 13, October 11, November 8, & December 13  
9:30 a.m. – 11:30 a.m.

### Individual Consultation for Medicare Questions

November 3, 2016  
9:30am – 11:30am

Join our independent licensed insurance agent, available to answer your Medicare and related insurance questions.

To register for a presentation or screening at Huntington Beach Senior Center in Central Park, please call 714-536-5600.

## HOAG LECTURES

### HOAG: OH MY ACHING BACK!

Join us for an informative discussion on ways to help improve and control your back pain. Hoag Medical Group physician, Dr. Erin O'Hara will also be discussing exercises you can incorporate into your daily life to help keep you moving and grooving better. Class participation is encouraged.

**Hoag** **Senior Center in Central Park**  
453321-5A 55 yrs + M 10-11am 12/18 Free

### HOAG: WHY DO I FEEL OFF BALANCE?

Join us for a discussion on what medical conditions can cause an unsteady gait. Neurologist, Dr. Kaveh Saremi, will also talk about long term complications of untreated unsteady gait, the different relationship between gait variability and neurological conditions, interventions that aim to improve gait function in patients with neurological disorders, and treatment options.

**Hoag** **Senior Center in Central Park**  
453319-5A 55 yrs + M 6-7pm 10/2 Free

### HOAG: MINDFULNESS AS MEDICINE

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life. Join our Hoag Medical Group internist, Amit Hiteshi, M.D. as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life.

**Hoag** **Senior Center in Central Park**  
453304-5A 18 yrs + Tu 10-11am 10/10 Free

### HOAG: SPORTS INJURIES THAT WOMEN FACE OVER 55- HOW TO MAINTAIN AN ACTIVE LIFESTYLE

Dr. Emily Ravski will discuss key women's issues that women over the age of 55 face. Whether you enjoy tennis or yoga, she will focus on how to stay active, prevent injury, and how to recognize an injury and how to address the problem area. Dr. Ravski will cater her discussion around her audience and a Q&A session will be held at the conclusion.

**Hoag** **Senior Center in Central Park**  
453327-5A 18 yrs + W 1:30-2:30pm 11/1 Free

### HOAG: COMMON ARTHRITIS CONDITIONS – OSTEOARTHRITIS VS. RHEUMATOID ARTHRITIS

Join our Hoag Medical Group Rheumatologist for an informative discussion on arthritis. During her presentation, she will discuss the two most common types of arthritis - osteoarthritis and rheumatoid arthritis. She will share common symptoms, treatment and much more.

**Hoag** **Senior Center in Central Park**  
453329-5A 18 yrs + W 1-2pm 11/8 Free

### HOAG: TIPS ON KEEPING YOUR KIDNEYS HEALTHY

Join us for a discussion on the importance of good kidney health. Learn the basic functions of the kidney, how kidney disease is diagnosed, and the common causes of kidney injury. You will receive tips on keeping your kidneys healthy.

**Hoag** **Senior Center in Central Park**  
453330-5A 18 yrs + Th 10-11am 11/9 Free

### HOAG: OSTEOPOROSIS: PREVENTION AND TREATMENT

Osteoporosis is a condition where you have brittle bones. Join us for this informative presentation that will focus on how osteoporosis is caused, identify who is at risk, discuss treatment options, and recommend ways to prevent it.

**Hoag** **Senior Center in Central Park**  
453351-5A 18 yrs + Th 10-11am 12/14 Free

### HOAG: CHRONIC HOARSENESS

Do you, a family member, or a friend suffer from chronic hoarseness? Join Steven Feinberg to find out about the latest innovative options.

**Hoag** **Senior Center in Central Park**  
453353-5A 55 yrs + Th 6-7pm 9/14 Free

### HOAG: THE BENEFITS OF YOGA

Join Atul Grover, M.D. as he explains both the physical and mental benefits of yoga. He will also demonstrate some exercises and poses you can do at home.

**Hoag** **Senior Center in Central Park**  
453355-5A 18 yrs + W 4-5pm 9/13 Free

**HOAG: CHALLENGES WITH THE AGING SPINE**

Join Dr. Ram Mudiyam, a board certified Orthopedic Surgeon specializing in spine disorders as he discusses neck and back pain and stiffness and the connection to the aging spine. Learn about the latest treatments and procedures available.

**Hoag** **Senior Center in Central Park**  
453359-5A 18 yrs + M 10 - 11am 12/4 Free

**HOAG: IS COPD RESTRICTING YOUR LIFE?**

Join Hoag Respiratory Therapist, Carol Dickens as she explains different stages of COPD and how they can be treated. She will also give you tips on how to better manage your symptoms and the support available to you.

**Hoag** **Senior Center in Central Park**  
453360-5A 18 yrs + W 1:30-2:30pm 10/11 Free

**HOAG: VITAMIN D, A HYPE OR A REALITY? ALSO, HOW TO OPTIMIZE YOUR KIDNEY HEALTH.**

An educational discussion on Vitamin D and how it pertains to your overall health, who needs it, and why. Additionally, healthy kidneys maintain fluid and electrolyte balance as well as activate Vitamin D and therefore, they will discuss how to keep you kidneys healthy.

**Hoag** **Senior Center in Central Park**  
453361-5A 18 yrs + W 10-11am 9/13 Free

**HOAG: HOW TO TAKE CHARGE OF YOUR DIABETES WITH YOUR DOCTOR.**

Join Sim Singh, PhD for tools and tips on taking active role in your diabetes management along-side your physician.

**Hoag** **Senior Center in Central Park**  
453362-5A 18 yrs + W 10-11am 10/11 Free

**HOAG: CATARACTS, CAUSES, SYMPTOMS AND TREATMENTS**

Is your vision becoming cloudy? Join us for a discussion on the various types of cataracts, their symptoms and how they can best be tested.

**Hoag** **Senior Center in Central Park**  
453363-5A 18 yrs + M 10-11am 11/6 Free

**HOAG: ARE MY MEDICATIONS ENOUGH TO PROTECT ME FROM COMPLICATIONS OF ACID REFLUX?**

Groundbreaking Treatment for those suffering from Chronic Reflux Gastroesophageal Reflux Disease or GERD is a chronic digestive disease that occurs when stomach acid leaks backwards from the stomach into the food pipe (esophagus), causing irritation of the lining of the esophagus. While some individuals can manage their GERD, others need additional help, including surgery. Join us for a discussion on the symptoms of GERD and the treatment options, including the minimally invasive LINX Reflux Management System.

**Hoag** **Senior Center in Central Park**  
453364-5A 18 yrs + W 1:30-2:30pm 12/6 Free

**HOAG: HEALTHY WAYS TO TRAVEL SMART**

Planning international travel? Make sure you attend this informative presentation from our Hoag Medical Group physician. Trained in travel medicine, he will share tips to ensure you have the necessary immunizations, advice for healthy travel, information to prevent bug bites and malaria and much more. Additionally, he will share helpful exercises you can do while on long flights to help maintain good blood flow.

**Hoag** **Senior Center in Central Park**  
453365-5A 18 yrs + W 1:30-2:30pm 12/13 Free

**HOAG: PROSTATE HEALTH: THE LATEST RECOMMENDATIONS & GUIDELINES**

Join Urologic Oncologist and Hoag Urologic Oncology Program Director, Jeffrey Yoshida, M.D., as he discusses prostate health and the latest recommendations for men. The class will also include an overview of diagnosis and treatment options for prostate cancer, including state-of-the-art robotic surgery.

**Hoag** **Senior Center in Central Park**  
453366-5A 18 yrs + W 4-5pm 10/4 Free

**HOAG: UNDERSTANDING AORTIC & MITRAL VALVE DISEASE AND THEIR TREATMENT OPTIONS**

Join Cardiologist Mahmoud R. Eslami-Farsani, M.D. for an overview on aortic valve and mitral valve disease. The discussion will review some of the latest treatment options, including Transcatheter Aortic Valve Replacement (TAVR), a revolutionary procedure that treats aortic stenosis.

**Hoag** **Senior Center in Central Park**  
453327-5A 18 yrs + W 1:30 - 2:30 pm 11/1 Free

**ORANGE COAST MEMORIAL LECTURES**

Sign up through Orange Coast Memorial  
1-800-MEMORIAL (1-800-636-6742)

**OC MEMORIAL: SHOULDER PAIN SLOWING YOU DOWN?**

Living an active lifestyle is an essential component of healthy aging. Shoulder injury and arthritis pain can significantly alter an otherwise active life. Join Truong B. Nguyen, M.D., a board-certified orthopaedic and sports medicine specialist, to learn about the causes and newest treatment options for shoulder pain. RSVP at 1-800-636-6742.

**OC Memorial** **Senior Center in Central Park**  
453368-5A 18 yrs + Th 6 - 7:30pm 9/21 Free

**OC MEMORIAL: DEMYSTIFYING THE JOINT REPLACEMENT SURGERY PROCESS**

Join Chris Mellano, M.D., a board-certified orthopaedic specialist with Coastline Orthopaedic Associates, as he gives an in-depth presentation on advanced surgical techniques and treatments for joint arthritis of the shoulder, hip, and knee. Learn who the right candidate is, and what to expect from surgery and beyond. RSVP to 1-800-636-6742.

**OC Memorial** **Senior Center in Central Park**  
453367-5A 18 yrs + Th 6-7:30pm 10/19 Free

**Register Online!**  
**[www.hbsands.org](http://www.hbsands.org)**

# Senior Center in Central Park Hoag Health & Wellness Pavilion



## Membership

- Ages 50-79  
\$120/12 Months
- Ages 80+  
\$80/12 Months

## Hours

- Monday-Thursday  
8am-8pm
- Friday  
8am-5pm
- Saturday  
8am-1pm

The Health & Wellness Pavilion is located inside of the Senior Center in Central Park. This 3600 sq. ft. space affords older adults in Huntington Beach a safe, educational, and family-oriented place to exercise. With a variety

of state of the art equipment and accessories, there are options for everyone. Visit the Health & Wellness Pavilion and talk to our friendly staff to see how we can help you reach your health and fitness goals.

Call us today! 714-374-1578



## Surf Lessons *Private & Semi-Private*



Contact these schools directly  
for more information

**Surf with Nicole** Private surf lessons for all ages, with or without experience. Each lesson is 1.5 hours and includes a 30 minute land lesson, then 1 hour in the water. **Private Surf Lessons: Student to instructor ratio 1:1. Semi Private Lessons. Student to instructor ratio 3:1.** Surf lessons are held between Tower 14 & 22.\*  
[surfwithnicole.com](http://surfwithnicole.com) 657-204-6555

**OC Surf School** We provide customized 3 hours, private and semi private lessons with all equipment included. We will be offering semi private and private lessons daily. Spots are available everyday but must be reserved through us. Surf lessons are held between Tower 15 & 19.\*  
[theorangecountysurfschool.com](http://theorangecountysurfschool.com) 714-855-0673

**HB Surf School** Run by Bill Sharp, who has more than 30 years of experience coaching, the HB Surf School is located south of the pier. Check us out for private or semi-private lessons! Surf lessons are held between Tower 3 & 5.\*  
[hbsurfschool.com](http://hbsurfschool.com) 714-658-6873

**Zack's** Safety First! CPR certified instructors guarantee to surf on 1st session. Board and wet suit rental included for the whole day. Surf lessons are held between Tower 6 & 4 (*Exact location of surf lesson will be determined by Instructor*).  
[Hbjoe6565@yahoo.com](mailto:Hbjoe6565@yahoo.com) 714-536-0215

**Clint Carroll Surf School** The Clint Carroll Surf School is a family with over 60 years experience. Surf lessons are held between Tower 11 and 15. Exact location of surf lessons will be determined by Instructor. Equipment included.  
[clintcarrollsurf.com](http://clintcarrollsurf.com) 949-355-7285