

June Workshops

#WS-0611 Introduction to Quilling with Carol Berntsson, Mon, 6/11, 11am-1pm, M\$20 NM\$23

Quilling is essentially the art of paper sculpture. This beautiful old art form can be mastered easily following the basic technique and using the materials provided in this introductory workshop. In this workshop, students will be provided with the materials and equipment that will enable them to develop a hobby that produces lovely accents, ornaments

#WS-0615 Writing Our Life Stories with Barbara Pierce, Fri, 6/15, 10-11:30am, M\$15 NM\$18

This 90 minute workshop focuses on writing memoirs. Discover why writing a memoir is so popular and so important. Learn how to begin writing the stories of your life. If you have already begun writing your life stories, come and learn strategies to help you on your journey.

#WS-0617 Psychology 101 with Barbara Pierce, Fri, 6/15, 12:30-2pm, M\$15 NM\$18

What makes you "you?" What is more interesting than learning about people, what makes them think, feel and behave as they do. Barbara Pierce, LCSW, who worked as a psychologist for many years presents this engaging learning opportunity.

#WS-0620 Intro to Alcohol Ink Art with Rosana Halprine, Thurs, 6/21, 9:30am-12:30pm, M\$30 NM\$33

Students will learn about the materials and supplies used in alcohol ink art. The instructor will demonstrate various techniques and the students will practice and then produce three alcohol ink masterpieces: one on yupo paper, one on photograph paper and the last piece on tile. **\$15 to Instructor for supplies.**

#WS-0621 Intro to Clogging-Ages 16 & Up with Gaylynn Brenoel, Fri. 6/22, 1-3pm, M\$20 NM\$23

Clogging is an expressive style of American dance with origins in the folk dances of the British Isles, Africa, and pre-Columbian America. Settlers in the American South took elements of these styles to form a unique American dance style, Appalachian clog dancing. Beginning in the 1970s, clogging experienced a resurgence of interest. Today, clogging styles are varied and clogging can be done to all types of music. Come join us for a fun, interactive workshop and learn beginner steps and dances. *Clogging shoes are NOT needed for this workshop.*

#WS-0622 The Practice of Self-Massage & Self-Care with Svetlana Parquette, LMT, Reiki MT, RYT, Fri, 6/22, 1-3pm, M\$20 NM \$23

Learn simple techniques for self-massage, stretches and mini exercise routines to be ready on the go. Also includes some theory of human body anatomy.

#WS-0623 How to Navigate Social Media Safely with John Pappa, Sat. 6/23, 1-3pm, M\$20 NM\$23

Students will be introduced to the fun world of Facebook, Twitter and Instagram and learn how to use these free social media sites safely to connect with both family and friends, near and far. Students will be shown how to make an online phone call or video and learn how to share photos with friends and family. Students will be given the necessary tools to sign up for all sites and learn how to have fun while staying safe, too. Students must bring their own smartphone or tablet to class.