



## Session Classes Senior Center 2015 -2016

### Register for Senior Center Session Classes Online!

Just follow the simple, quick and easy web instructions to add your account and you will be able register using your MasterCard, Visa or Discover Card from your computer. If you have any questions about classes and or how to register, please call the Recreation office at (925)372-3510 and we will be happy to help you through the process.

[CLICK HERE TO REGISTER FOR CLASS](#)

### Beading 101 and More

**Monday @ 1:00 - 4:00 pm**

**Monday @ 5:30 - 8:30pm**

Instruction in beading of bracelets, earrings and more; from the beginning and progressing slowly to more difficult projects. All levels welcome and everyone work's at their individual speed. Great ideas for gifts! Instructor: Marion "Mimi" Vaeth (925) 228 -7567

### China Painting

**Monday @ 10:30 - 1:00pm**

This class is designed to learn how to paint on porcelain objects with mineral color for decorative/utilitarian use. Also make jewelry & ornaments. Supplies & kits available. Instructor: Barbara Croft

### Hula for Exercise

**Thursday @ 10:30 - 11:30am**

**Thursday @ 6:30 - 8:00pm**

Join our "Hula for Exercise" class. Basic hand, foot and body movements of the hula set to Hawaiian music will be taught while exercising and having fun.

Instructor: Rosmarie Ramos

### Sewing, Serging and Quilting

**Tuesday @ 1:00 - 4:00pm**

Learn how to use & care for serger and sewing machine. Make garments, quilts, tote bags and accessories. Bring your own machine, equipment and instruction book.

Instructor: Sandra Keller

### Quilting

**Tuesday @ 9:30 - 12:30pm**

**Tuesday @ 6:00 - 9:00pm**

**Wednesday @ 6:00 - 9:00pm**

*Basic instruction in quilting. Classic and Modern styles. Bring your own projects or let Sandy help you start a new project. Bring your own machine and enthusiasm.*

*Instructor: Sandra Keller*

### Jazzercise - Senior Body Sculpting

**Monday/Wednesday/Friday @ 8:30 - 9:15**

**You must register with the Martinez Adult School for their class held at 818 Green Street.**

**For questions about their schedule and price please call the Adult school at (925) 228-3276 (press 0)**

Jazzercise Body Sculpting: Sculpted arms, a strong core, tight glutes, and firm legs are the focus of this challenging 40-50 minute muscle toning workout that features a creative combination of strength training and stretching. All the routines are fun and easy-to-follow.

Benefits include increased endurance, strength and flexibility, as well as an overall "feel good" factor.

Lab fee: \$40 per quarter. Instructor: K. Daly