

Creative

Bea Cox Art Classes

dates: April 1 – Floral Painting Workshop
May 6 – Landscapes
June 3 – Bald Eagle
time: 8:30am-3:30pm
cost: \$55 each class
instructor: Bea Cox



Certified Bob Ross instructor Bea Cox has developed a technique for painting that's guaranteed to work for everyone! Limited seating! Stretched canvas and brushes are provided by artist.

Soapmaking 101

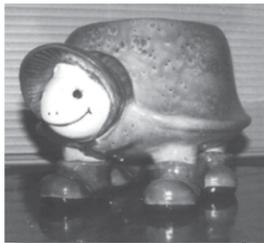
date: April 8th
time: 10:00am-12:00noon
cost: free (\$14 materials fee only)
instructor: Robin Townsend

Come for an introduction to making hand-milled soap and bath salts. Each person may make a vegetable based soap using avocado oil, coconut oil and blue bonnet, bath sea salts and mango shampoo bar. All ingredients will be supplied; however students are asked to bring some simple tools from their kitchens to include a measuring cup (pyrex), a wooden spoon, an eye dropper, a teaspoon, vaseline, 3 small bowls and a saucepan. If you have a coffee grinder, bring it as we may need it. Limited to 8.

Beginner Ceramic Class (Using Glaze on Myrtle the Turtle Planter)

date: April 15, 22 & 29
time: 2:00-4:00pm
cost: \$60 (everything included)
instructor: Wanda Belk

Learn how to clean green ware, paint on green ware and apply glaze. Supplies included in price. You can do it and have lots of fun! Must pre-register, limited seating!



Watercolor Classes

dates: Fridays, May 2-30
time: 1:00-3:00pm
cost: \$90
instructor: Cindy Aslinger

Materials list includes watercolor paint set, large flat brush (1.5), small flat brush, round #8 brush, palette knife, mixing tray, small plastic cups for water, watercolor tablet (12x16).

Mothers Day Books and Memory Books by Hand

date: May 6
time: 10:00am-12:00noon
cost: \$5 (plus \$5 materials fee)
instructor: Robin Townsend

Come for an introduction to making small memory books by folding, stitching and gluing. Skip the store bought mass produced volume and pay tribute to a mom, a daughter or yourself with a cherished piece. Bring in mementos, photos and other fun bits.

Quilting

dates: Wednesdays, beginning May 7 (4 consecutive weeks)
time: 10:00am-12:00noon
cost: \$60 (plus \$20 materials fee)
instructor: Dianne Hagan

Make a birdhouse quilted throw. This class will teach you the fundamentals of needle-turned hand appliqué. You will also learn the basics of hand quilting. Materials to create the top, and back of the quilt will be provided.

Marbling Paper

date: May 20
time: 10:00am-3:00pm
cost: \$125 per person (Includes everything, but lunch)
instructor: Judi Hostetter

Have you ever wondered how marbled paper is made? It is a fascinating process which produces breathtaking results. If you are interested in learning this process, sign up for our Marbling Workshop! Space is limited! You will be able to make several sheets of marbled paper. Then, if time permits, we will show you how to make several items out of the paper you have created, including, a personal journal, a Star Book, note cards, bookmarks, and boxes. Bring brown bag lunch!

Opulent Jewel Skewers

date: June 3
time: 10:00am-12:00noon
cost: free (\$10 materials fee only)
instructor: Robin Townsend

With summer in full swing, try your hand at making opulent jeweled skewers, to be keepsakes, will be on display at the North River Civic Center so stop by and see what you can make. Tools to bring include wire cutters, needles nose pliers, metal file and hammer.

Sea Glass Candleholder

date: July 29
time: 10:00am-12:00noon
cost: \$5 (plus \$8 materials fee)
instructor: Robin Townsend

Using mosaic grout and selections of glass chips, try your hand at making a candleholder to bring thoughts of a cooling sea to Chattanooga's hottest nights. Make pictures of sea foam waves and whisk yourself to cooler lands.

Cooking



Cooking Classes by Robbie Moore (Formerly with Mia Cucina)

time: Mondays, 6:30-8:30pm
date 1: April 14–Unconventional International Cuisine: French–(Souffle'), Irish–(Soda Bread); British–(Shepherd's Pie) – **cost:** \$40
date 2: May 12–Playing with Your Food–Garnishes and Carving (Hands On) – **cost:** \$25
date 3: June 9–Chocolate Lover's Desserts–Espresso Bread Pudding, Chocolate Ganache, French Silk Pie (Demonstration) – **cost:** \$40

Prepayment for class is necessary to ensure proper quantities of food.

Healthy Cooking for Seniors & Adults

date: May 9
time: 11:30am
cost: \$10

instructor: Carol Secord

Good nutrition is crucial to zestful living-but most of us lack motivation to prepare a meal just for ourselves, or ourselves and one other person. Find new enthusiasm for healthy cooking with this class! We'll learn some quick, simple techniques for putting together meals that are nutritious, delicious and easy. Cost is \$10 per person and includes samples of the foods prepared.

Organic Cooking from Local Farmers Produce

date: August 5
time: 10:00am-12:00noon
cost: free (\$24 ingredients fee only)

instructor: Robin Townsend

Think organic cooking is too pricey for you? Think again! Take advantage of local tomatoes, fresh basil and berries from our farmers to make an organic meal for four. We will make a pesto-basil pasta, tomato dill soup and blackberry pie. Tools to bring: Tupperware, small knife or scissors for cutting herbs, a cooler, cup measurer, bowl, saucepan with lid, teaspoon, wooden spoon; food processor if possible, pie plate.

Dance & Fitness

Ballroom Dance for Seniors & Adults

date: Thursday, April 3
time: 2:00pm-3:00pm
cost: \$12.50 each lesson (8 weeks program)

instructor: Bill Rader

Registration is required.

Tap Dance for Adults and Seniors

dates: Fridays, on-going
time: 10:00-11:00am
cost: \$25 (5 lessons)

instructor: Jerrie Muncie

Tap dance is a traditional American art form and a skill that helps regain and re-educate motor movement. It also improves endurance and balance.

Beginning Line Dance Classes

dates: Wednesdays, on-going
time: 5:30-6:30 Beginners; 6:30-7:30pm Advanced
cost: \$4 per class

instructor: Jeanette Bowen

Low Impact Aerobics

dates: Mondays and Fridays
time: Noon-1:00pm
cost: \$1 for Memorial Gold Circle Members
\$2 for Memorial Gold Circle Non-Members

instructor: Susan Poss

This is a great way to get in shape or stay in shape. Our instructors make sure each person receives a workout appropriate to their fitness level.

Tai Chi

dates: Fridays (18 sessions)
time: 1:00-2:00pm
cost: \$100 for Memorial Gold Circle; \$160 non-members

instructor: Chris Campbell

Tai Chi has many benefits! The slow, rhythmic moves relax the joints, easing joint pain while energizing the legs to improve balance and agility. Tai Chi punch cards are good for 18 sessions. Call Memorial Gold Circle for info at 870-1351.

Bowling (Positive Christian Singles Bowling League)

dates: Sundays
time: 2:00-4:00pm

location: Holiday Bowl on Hixson Pike

cost: \$10 to bowl 3 games includes shoes; you get a \$60 voucher after 6 weeks, redeemable to purchase shoes, bowling bag, bowling ball, etc. Register here at the center, come by the alley on Sundays, or call Sharon Lain at 877-1806.



North River Civic Center

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