

## Morning Classes—11:20 a.m. to 12:20 p.m.

Please indicate a first and second choice on the registration form

**Bridge** – This course is for folks who want to learn or get reacquainted with one of the planet's great games. Though not required, we suggest you buy the 1960 masterpiece *Five Weeks to Winning Bridge* by Alfred Sheinwold and bring it to class. We'll learn how to get casually competitive at the bridge table. **Instructor: Don King, retired Charlotte Observer copyeditor and avid player of bridge and ping pong for 30 years.**

**Climbing Your Family Tree – A Continuation of Introduction to Genealogy** – We will build on the skills we acquired last quarter, but if you missed being with us in the winter, it's okay to join us now -- newcomers are welcome! Take advantage of this opportunity to learn how to research your family history, including how to use online resources. **Instructors: Experienced genealogists/members of the Olde Mecklenburg Genealogical Society**

**History Potpourri** – Calling all history buffs! Each week we will bring a different period of history alive through a series of guest instructors. Presenters will include Tom Phlegar, a volunteer with the Charlotte Museum of History, who will give a presentation on the Revolutionary War, and Don Devet, a Dilworth video producer and filmmaker who will show DVDs he's made on local Charlotte history. A schedule of each week's presenters will be given out on the first day. **Instructors will vary.**

**Knitting/Crocheting** – Basic knitting & crocheting will be taught to beginners. You'll be working on light-weight throws, spring-colored purses and more. You will view samples, choose your pattern, and make your supply list in the first class. **Instructor: H. Lynn Barry, Bachelor of Creative Arts in Visual Arts, UNC Charlotte, free-lance artist**

**Origami: Shaping your life, one fold at a time!** – "Ori" meaning "to fold" and "kami" meaning "paper" is a technique of paper-folding introduced into Japan from China. In this class, you will learn the history of origami and construct six paper shapes. **Instructors: Members of the Japanese community in Charlotte**

**Travel Talks** – Sit back, relax, and enjoy the photos and stories of our guest travelers, who will share their adventures with you. This quarter our travels will include Russia, Poland, Japan and other far off places. A schedule will be given out on the first day of class. **Cliff Shelkofsky, Coordinator**

**Yoga:** Yoga stretches, strengthens and relaxes your body, improves balance, quiets your mind, and keeps you moving in a gentle way. All levels of experience are welcome. Dress comfortably. Bring a yoga mat and a thick blanket—no perfume, please. **Instructor: Mary Lou Buck, B.S. Physical Education, certified 500-hour professional level Kripalu Yoga teacher**