

Summer classes—11:30 a.m.—12:30 p.m. (note new time)

(Please indicate a first and second choice on the registration form-Page 5)

Drawing 101 – We are excited to offer a one-hour drawing class in which a drawing exercise will be presented each Monday. Several drawing techniques and exercises will be explored, and you will want to practice them on your own outside of class. Materials should include a tablet of drawing paper 11"X14" or larger, graphite sticks and pencils (medium softness), a few kneaded and gum erasers, a bottle of black India ink and a few watercolor brushes, and a drawing pen. A Sharpie or two will do. If you have charcoal, colored pencils, or other drawing materials you wish to use, you may certainly work with them. A kit at Cheap Joe's will be available for you to either buy or check out. **Limited to 20 students!** **Instructor: Sandra Gray of the Charlotte Art League, and guest instructors.**

Hot Topics for Seniors – Each week we will focus on a different topic. Our tentative schedule is **7/12**: What is new in selling and preparing a home for sale, compared to 30 years ago? **7/19**: De-stuff and de-stress! / down-sizing or rightsizing; **7/26**: Gizmos and gadgets to make life easier; **8/2**: Chair exercises and fall prevention; **8/9**: Nutrition in a nutshell; **8/16**: Preparing your legacy within the home – how to pass down your family's story with the contents of your home and legal decisions to pass on to the family. Coordinated by **Adele Mahan, Certified Relocation Transition Specialist (CRTS), Fresh Start Transitions, LLC, with special guest instructors** (a complete schedule will be distributed on the first day of class).

Letters to my Grandchildren: A Workshop for Grandparents (and Others) Wishing to Share Their Faith Journey – One of the most powerful gifts you can give your grandchildren (and your children, nieces and nephews) is a taste of the lessons and joys you have accumulated during your spiritual journey. During this class, you will craft letters that address such topics as prayer, embracing the gifts of the Spirit, servant leadership, and experiencing God's love. Whether you are writing a letter for a 20-year-old, a 10-year-old, or an infant who may not read your letter for several years, you will be leaving a valuable legacy of faith for your family.

Instructors: Cindy Smith, B.A., M.A. and M. Ed., Minister of Christian Education at St. Stephen United Methodist Church, and Dorothy Trotter, B.A., writer, speaker and communications consultant, and a member of Christ Episcopal Church for more than 20 years.

Potpourri of Charlotte Theatre Talent – Some of the most talented artists and performers in the Charlotte area have been assembled to share their gifts and talents with us! Enjoy the theatrical stories and perspectives of these playwrights, actors, directors, and producers: **7/12**: Judy Simpson Cook, local playwright (*Nuptials, Benedictions, Retrieving the Lamb*, etc.), actress and director; **7/19**: Simon Donoghue, drama professor and director of the Abbey Players at Belmont Abbey College, and actor himself; **7/26**: Bonnie Cook Johnson and husband Ted Johnson, film, commercial, and stage actors (Bonnie has appeared in films with Miley Cyrus, Andie MacDowell and Barbra Streisand); **8/2**: Kevin Campbell, one of Charlotte's finest actors; **8/9**: Michael Vance, drama teacher, actor, director, and set/stage designer; **8/16**: James K. Flynn, with more than 30 years of experience doing commercials and voice-over work; on-air radio/TV host and award-winning audio producer, former announcer of the Charlotte Hornets basketball team. **Coordinator: Jane Kusterer, real estate broker with Allen Tate Company, and wife of Eugene Kusterer, local actor, high school drama teacher, and former artistic director of Theatre Charlotte, which was known during his tenure as Little Theatre.**

Short Stories – Explore a variety of classical and popular short stories through reading and discussion. Stories will include "A Rose for Emily" by William Faulkner; "The Veldt" by Ray Bradbury; "A Worn Path" by Eudora Welty; and "I Stand Here Ironing" by Tillie Olsen. A complete list (and schedule) will be given on the first day of class.

Instructor: Tom Powell, retired English instructor, Central Piedmont Community College.

Yoga for Every Body – Yoga postures (exercises) stretch and strengthen the entire body. Movement is coordinated with breath for a meditative experience. This course is appropriate for participants of all ages. Participants are taught basic concepts for beginners, but all levels of experience are welcome. Dress comfortably. Bring (1) a firm yoga mat or a thick blanket; (2) a blanket (not a beach towel) to fold to sit on and use as a prop when needed. No perfume, please. **Limit: 20 students.**

Instructor: Mary Lou Buck, B.S. Physical Education, certified 500-hour professional level Kripalu Yoga teacher, former owner of Yoga for Life in Dilworth.



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