



Time Well Spent

Course Offerings 2010-11



Engaging courses for seniors

(510) 655-0690 www.timewspent.org

CLASS OFFERINGS from TIME WELL SPENT

2010-2011

Tai Chi Chih

Tai Chi Chih is a profoundly beneficial movement form. The gentle movements strengthen legs and improve balance. Softness, flow and effortlessness are guiding principles in this practice. The 19 movements and 1 pose of Tai Chi Chih are often thought of as a moving meditation because of the calming effect on the mind and emotions.

Sandy McAlister has taught Tai Chi Chih for over 20 years for organizations such as the Kaiser Health Education Department in Oakland and San Francisco, the Sierra Club, Rossmore Senior Retirement Community and Alameda Adult School. She has been a teacher trainer for nearly 10 years and has led workshops throughout the United States and Canada.

Hatha Yoga and Stretching

Hatha Yoga is a yoga of slow paced stretches with some simple breathing exercises. Participants will learn basic poses and relaxation techniques. This gentle workout is adaptable to those with physical limitations.

Janet Brown is a certified Hatha Yoga instructor who has been teaching at Mastick Senior Center in Alameda and in the Community Education Department at Alameda Adult School for 4 years.

Millinery – The Art of Hat Making

Think you don't need a hat? Think again.

Express your creativity by making a hat that's beautiful and unique while exploring the world of millinery. Whether you're interested in a casual hat or a special occasion hat, whether you're recreating a hat you already have or starting from scratch, this class is for you.

Bertha Underwood has been a milliner for 15 years and has taught hat making to older adults for 12 years. She has made hats for Oprah Winfrey and Maya Angelo and been interviewed by KGO and KPIX television stations. She has participated in many fashion shows and sold her hats at the Monterey Jazz and Blues Festivals. To see a sample of her hats, visit her website, Bertha's Fabulous Hats www.berthashats.com.

From Rags to Riches

What's in your closet that you're tired of? Have you lost a button or ripped a seam on your favorite piece of clothing?

Bring your troubled clothes to Bertha's recycling class. She will teach you how to make a small repair or remake a garment into something you or someone else would love to wear.

Bertha Underwood

The Art of Quilting

Quilting has been described as a journey of color and inspiration. Experience telling your story and sharing your world through techniques that your great grandmother used. Learn the history of traditional quilt patterns as you choose the one that you would like to make. Or use your imagination to create a one of a kind quilt or piece of wearable art.

Bertha Underwood

Chinese Calligraphy – China’s most treasured art form

Why is calligraphy considered the foundation of Chinese artistic tradition?

Find out, as you join Dolly in an exploration of Chinese culture through its most sublime art form, calligraphy. Dolly will be your tour guide through her country as she teaches you how to use traditional paint brushes and techniques to create Chinese characters and explains the importance that calligraphy has in her culture. Along the way, you’ll discover the rich history of China and the ways that our cultures are similar and different.

Dolly Ci Wai Fong is an accomplished brush painting and calligraphy artist who was born in China. Her art has been exhibited at various venues in the Bay Area and is sought after by private collectors. She has taught at Laney and Alameda Community Colleges and has been a guest speaker for many community organizations.

Knot Just Knitting

Welcome to the new world of knitting and crocheting. Did you know that knitting and crocheting are experiencing a resurgence that includes all ages? Join Kim as you discover or rediscover the world of the loop. Learn to follow vintage patterns or design your own projects such as greeting cards or a wall hanging. Experiment with using plastic strips, ribbon, rope or wire. Start a new project or complete that UFO (unfinished object).

All levels welcome.

Kim Huhta’s passion for knitting and crocheting led to a teaching credential in Decorative Arts and Textiles. Her classes are popular with people of all ages. But she especially enjoys older adults. She has taught at senior centers and in the older adult programs of adult schools for 10 years.

Book Club

Love to read and discuss great books? This club is for you. Choose books that your fellow club members have enjoyed or a favorite of Kim’s.

Kim Huhta has been a group facilitator for many years. She is an avid reader and book club member and loves stimulating discussions about books of all kinds.

Creative Writing: Memoir to Fiction

If you don't tell your stories, who will? Whoever you are, you're unique, and you can turn your life experiences into heirlooms of prose. In this class you'll learn the writing techniques that engage, entertain and seduce readers. This course will include in-class writing exercises and optional homework writing assignments. You may choose to write fiction or your own story. Whether you're a novice, expert writer or somewhere in between, come enjoy the support of a writing group and community.

Mike Shaler has been teaching creative writing for over 15 years. He holds a Master of Fine Arts degree and is a published author in both nonfiction and short stories.

Drawing and Painting Workshop

Explore drawing and painting using pen and ink, water color, pencil or acrylic/oil. This class is devoted to developing your skills while discovering and nurturing your unique expression. Accepting the unpredictable will be encouraged. Subject matter may be drawn from still life, nature, your imagination, poetry, music: anything.

Tom Waters has been a painter and exhibiting artist for 30 years. He holds a Master's Degree in Education and has been teaching adults to paint for 10 years.

The Halls Are Alive With The Sound Of Music – Let's Sing!

Do you sing in the shower or hum a tune while doing errands? Whether you think you can sing or think you can't, join Linda for a trip down memory lane as you sing the songs of the 20's, 30's and 40's. You'll use a songbook filled with songs that have been requested favorites of sing-along participants and learn the history of popular music from this time period.

Linda Lenke is the founder of Time Well Spent. She holds a Master's Degree in Music and has been leading sing-alongs with seniors for 15 years.

Computer Basics

Join Rosemary in a friendly, supportive environment as she introduces you to the basics of using a computer. Learn vocabulary, concepts and skills that will have you surfing the Internet, using email and word processing. There will be plenty of time for hands-on practice during class. Discover new tools and methods for keeping in touch with friends and family as well as finding information online. And, feel free to ask plenty of questions along the way.

Rosemary Robinson has been training adults on computers for 20+ years. She has a B.S. degree in Mineral Engineering, with an emphasis in computer applications, and was a teacher in the Berkeley public schools for many years. Rosemary currently supports businesses, organizations, and individuals, offering computer and bookkeeping services through her business, Simply Perfect Bookkeeping.