

Adult Programs



VACATION ARTS

vAcation cReaTion (GRADES K-6)

No school? No problem! Send your kids for a day full of exploring their creative side with art-making fun! Activities will vary, detailed flyers are available at the Community Center and distributed through the schools prior to each date. Programs held in the Community Center Arts and Crafts room. Space is very limited so register early! Children must bring a lunch and plenty of snacks.

- Dates:** (334001-A) Monday, February 20
(334001-B) Tuesday, February 21
- Time:** 9 a.m.-4:30 p.m.
- Location:** CC Arts and Crafts Room
- Fee:** \$56/day for residents, \$66/day for non-residents
- Materials Fee:** \$5/day (fee waivers do not apply to materials fees and are due at registration)



VISUAL ARTS

PAINTING- ACRYLIC, CHALK and/or OIL PASTELS – Impressionism to Abstract Realism (AGES 16+)

All ability levels welcome.

Stop wondering if you can paint –all you need are two ingredients: fine motor skills and a desire to learn! Challenge yourself and never stop learning. Stimulate your creativity, explore, and improve your existing painting skills with an experienced certified art teacher and professional artist. Expand your horizons and have fun experimenting with oil pastel and chalk pastel. Learn to create value, use contour, and vary your drawing media. Create textures and use color and contrast to infuse your oil and/or chalk pastels with energy with Pastelist, Nancy Cooke Bunnell. Nancy will demonstrate methods of under painting pastel, using drawing techniques, building with contrast, color, and light in pastel. Each artist will then create their own dramatic florals, still life, abstraction, and/or landscape as they apply these techniques and principles. Advanced students may bring their own picture references.

Instructor: Nancy Cooke Bunnell, a pastel artist, is a certified art teacher. She has been teaching art for over 11 years ages 3 to 101, and has over 25 years public school teaching experience. She has taught drawing, acrylic, pastels to adults and children. Her pastels have won first in the state at the CT Pastel Society and she has won numerous awards at CPS and awards at ACE and throughout the state. Nancy has also shown work on Canyon Rd. in New Mexico.

- Location:** CC Arts and Crafts Room
- Dates:** Wed., Jan. 18-Apr. 5 (12 classes)
- Times:** 6:30-8 p.m.
- Fee:** \$137 for residents, \$147 for non-residents
- Materials Fee:** \$10 for returning students who have all the drawing and pastel material
\$25 for new students and those without the materials from previous classes at the Community Center
- Activity #:** (310003-A)



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Adult Programs

INTRO TO CANING – Hand Cane a Stool! (AGES 12-ADULTS)

NEW

An introduction to caning! Learn the art of hand-caning a stool using rattan cane. Caning has been done for centuries and is often called a “lost art”. Learning to cane enables you to repair many chairs found at flea markets, tag sales and antique stores. Stool caning is an introduction to a Chair Caning Class. This teaches the traditional 7-step hand caned method.



Registration deadline is one-week prior to the start date of the program due to material purchasing needs. Materials fee will not be refunded within one-week of the program start date.

Instructor: Sue Muldoon, owner of Redux For You, originally learned to cane at an adult Education program over 25 years ago, and ran a business repairing chairs for a few years when her children were young. After took a break from caning, she has returned to chair repair (seatweaving) in the last 3 years and is knowledgeable in many different styles of seatweaving (cane, wicker, rush, splint and more). She is Webmaster of the SeatWeavers Guild, Inc, and seen at many Farmers Markets and Art shows displaying her wares. Sue and her business were recently featured on Better CT.

Location: CC Arts and Crafts Room

AM SESSION

Dates: Wed., Jan. 11-25 (3 classes)
Time: 10-11:30 a.m.
Activity #: 310008-A

PM SESSION

Dates: Thurs., Jan 12-26 (3 classes)
Times: 6-7:30 p.m.
Activity #: 310008-B

Fee: \$35 for residents, \$45 for non-residents

Materials Fee: \$40 (stool kit and awl)

RECYCLING 101 - Talking Trash! (AGES 16+)

From time to time, everybody wonders, “Is this recyclable?” Join Town of Mansfield Recycling Coordinator, Ginny Walton, in this free, fun, and interactive workshop! Gain a better understanding of what is recyclable, what is compostable, and what is just plain trash, learning to best separate and minimize “waste” in your own home. For questions about the program, contact Ginny at waltonvd@mansfieldct.org or 860-429-3333.

Instructor: Virginia (Ginny) Walton, Town of Mansfield Recycling Coordinator

Date: Mon., Jan. 30

Location: CC Community Room

Time: 6:30-7:30 p.m.

Fee: FREE for Mansfield Residents, \$10 for non-residents

Activity #: (310022-A)

“JUST EAT IT”

“Just Eat It: A Food Waste Story” made its broadcast premiere in 2014 and has since won numerous film festival awards. Follow two food lovers and filmmakers through their discovery of the massive food waste in North America (from farm to fridge), their decision to live off only discarded food, and the unexpected consequences and discoveries that came along with their adventure to bring attention to the global consequences of food waste. Discussion time to follow screening.

Discussion Leader: Virginia (Ginny) Walton, Town of Mansfield Recycling Coordinator

Date: Mon., March 20

Location: CC Community Room

Time: 6:30-8 p.m.

Fee: FREE for Mansfield Residents, \$10 for non-residents

Activity #: (310023-A)



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Adult Programs

CREATING A BIKE FRIENDLY COMMUNITY An informational session about bicycle advocacy in Mansfield

Are you an avid, occasional or wannabe cyclist? Do you appreciate the exercise, sustainability and family/community-building benefits of cycling? Then join Bike Mansfield in this exciting education and planning session as we work toward making Mansfield an official Bicycle Friendly Community (BFC) in 2017. In this workshop hosted by Bike Mansfield, come learn about the benefits of cycling and becoming a bike friendly community! Become informed about the ever-increasing cycling options in the region including popular local roads, trails, parks and neighboring bicycle clubs and rides, and share your ideas for activities to promote bicycle awareness in town. The evening will also include a review of the status of the BFC application to the League of American Bicyclists including the progress made on Education, Enforcement, Planning, Complete Streets, and Bicycle Facilities, and will offer an update on Mansfield's Bicycle and Pedestrian Master Plan. Lon Hultgren, a League Certified Instructor, and Amber Pierce of the US Women's Cycling Team will lead the evening with assistance and information provided by others in area bike groups. Your ideas and energy are crucial to helping us plan activities for 2017! No pre-registration for this free program.

Discussion Leaders: Lon Hultgren and Amber Pierce

Date: Wed., Mar. 8

Location: Nash-Zimmer Transportation Center

Time: 7-9 p.m.

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RUSSIAN

Always wanted to learn a new language? Interested in Russian culture? Russian is the 8th most widely spoken language in the world! Participants in this class will learn to speak, read and write Russian in a fun, interactive atmosphere. Each class will build on the class before. Student purchase of textbook/workbook required: Beginner's Russian with Interactive Online Workbook: A Basic Russian Course (authors: Kudyma & Miller). Students must purchase textbook on their own (available from Amazon).

For enrollment in the level III class, participants must have completed at least one session of level II. Exceptions can only be made by the instructor for those with previous study.

The deadline for registration is one week prior to the class start date. Please register early or classes may be cancelled.

Instructor: Susan Frarie holds a MA in Slavic Linguistics and a BA in Russian Language and Culture. She has experienced Russian culture first hand while living and working in Russia for three years. Susan also taught college-level Russian for several years at UNC-Chapel Hill during graduate school.

Class: Beginner Russian Level I

Location: CC Community Room

Day: Tues. Jan. 10-Mar. 21 (10 Classes) *no class 2/21

Time: 6-7:30 p.m.

Fee: \$78 for residents, \$88 for non-residents

Activity #: (310017-A)

Class: Beginner Russian Level III

Location: CC Conference Room

Day: Thurs., Jan. 12- Mar. 16 (10 Classes)

Time: 6:30-8 p.m.

Fee: \$78 for residents, \$88 for non-residents

Activity #: (310018-A)



ITALIAN (AGES 18+)

Always wanted to learn a new language? Participants in this class will be introduced to the Italian language and to the culture of Italy in a very relaxed atmosphere. Each class will build on the class before. In the intermediate class you will be put in touch with Italian pen pals to practice the language. You must have completed a level before going on to the next as indicated by the instructor; this may require taking the beginner level more than once. Exceptions can only be made by the instructor.

Students of the Intermediate class only are required to purchase the textbook and CD on their own (gently used works perfectly): "Parliamo Italiano" Third Ed. by Suzanne Branciforte and Anna Grassi.

The deadline for registration is one week prior to the class start date. Please register early or classes may be cancelled.

Instructor: Margherita Balsamo is a native of Italy, where she visits her family as often as possible. She graduated from the University of Padova (IT) and then lived in Germany for several years before moving to the United States a few years ago. She taught Italian adult classes in Germany including classes at the Ruhr University of Bochum (DE). Margherita loves to teach about her country and her culture with a lot of humor.

Class: **Beginner Italian**
Day: Tues., Jan. 10- Mar. 21 (10 Classes) *no class 2/21
Time: 1-2:30 p.m.
Location: Community Room
Fee: \$78 for residents, \$88 for non-residents
Activity #: (310011-A)
Class: **Intermediate Italian**
Day: Tues., Jan. 10- Mar. 21 (10 Classes) *no class 2/21
Location: Conference Room
Fee: \$78 for residents, \$88 for non-residents
Activity #: (310012-A)

HORSEBACK RIDING

Ladies Night Beginner Horseback Riding with Magnolia Run

Come get in shape while having fun! Ladies night is a night for adult women to enjoy riding while focusing on muscle building techniques. This program will be geared toward women who have never been on a horse or are re-starting to ride. As a beginner you will learn to walk, trot, and potentially canter. Before each lesson you will learn how to properly care for your horse and the safety needed around them, and after each lesson you will untack. This is the perfect time for adults to test out a sport they've always wanted or rekindle past experiences! Riders are required to wear pants, a boot with heel and a riding helmet.

Instructors: Staff at Magnolia Run Equestrian Center
www.magnoliaruneqcenter.com
Location: Magnolia Run Columbia Location
Day: Mon., Jan. 23-Mar. 20 (8 weeks) *no class 2/20
Time: 6-7 p.m.
Fee: \$266 for residents, \$276 for non-residents
Activity #: (310070-A)

Ladies Night All Levels Horseback Riding with Magnolia Run

Come get in shape while having fun! Ladies night is a night for adult women to enjoy riding while focusing on muscle building techniques. This program will be geared toward women who have ridden before and are looking to get back into and those who can competently walk, trot, canter and are learning to jump! Before each lesson you will groom and tack up and care for the horses learn how to properly care for your horse and the safety needed around them and after each lesson you will untack. This is the perfect time for adults to progress their riding experience while enjoying a good workout! Riders are required to wear pants, a boot with heel and bring a riding helmet.

Instructors: Staff at Magnolia Run Equestrian Center
www.magnoliaruneqcenter.com
Location: Magnolia Run Columbia Location
Day: Wed., Jan. 25-Mar. 15 (8 weeks)
Time: 6-7 p.m.
Fee: \$266 for residents, \$276 for non-residents
Activity #: (310071-A)

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Adult Programs

PERFORMING ARTS AND DANCE

Swing Dancing! (Social Dance Level 1)

This class is for the beginner swing and social dancer. Have you always wanted to try swing or ballroom? This is the class for you! Learning to swing will prepare you to learn the other great social dances like waltz, fox trot, and rhumba. Join us in this fun, easy, gentle class and ease into the joys of social dancing.

This class is for the beginner swing and social dancer and those that need a refresher. Have you always wanted to try swing or ballroom? Maybe you are brand new, maybe you have taken a class or two, but a refresher is just what you need. In either case, this is a fun easy, gentle class to ease into the joys of swing dancing.

Instructor: Kelly Madenjian teaches social ballroom and Latin dance based workouts in CT. She has danced, choreographed, acted and performed throughout New England in various community events, theaters, festivals, schools and studios.

Location: Senior Center – 303 Maple Road

Day: Mon., Jan.23-Mar. 20 (8 weeks) *no class 2/20

Time: 6:30-7:30 p.m.

Fee: \$80 per person for residents, \$90 per person for non-residents

Activity #: (310042-A)



Social Ballroom Dance (Social Dance Level II)

This class is for those that have previously participated in Beginning Basics of Social Ballroom. If you have not previously taken a ballroom class you must first enroll in Swing Dancing! listed above. *This is not a class for true beginners.* If you already know some basics of the social ballroom dances such as swing, waltz, fox trot and cha cha this is your class! A fun group class dedicated to expanding your knowledge of popular basic steps and variations as well as learning how to be the best leads and followers. The goal of the class is to get you out on the social dance floor feeling confident and ready to dance. Partners recommended but not required.

Instructor: Kelly Madenjian see description under Swing Dancing!

Location: CC Community Room

Day: Tues., Jan. 24-Mar. 21 (8 weeks) *no class 2/21

Time: 6:45-7:45 p.m.

Fee: \$80 per person for residents, \$90 per person for non-residents

Activity #: (310043-A)

Social Ballroom Dance (Social Dance Level III)

A super fun energetic class for the already social dancer looking to improve and expand their knowledge of content and technique. Participants of this class will have completed several sessions of the Social Dance Level II class described above. Exceptions may only be made by the instructor. This more advanced class moves beyond the basics, continuing to fill your tool box with amalgamations and variations to impress on the social floor. Partners recommended but not required.

Instructor: Kelly Madenjian- see description under Swing Dancing!

Location: Senior Center – 303 Maple Road

Day: Mon., Jan.23-Mar. 20 (8 weeks) *no class 2/20

Time: 7:45-9 p.m. *class is 1.25 hours

Fee: \$100 per person for residents, \$110 per person for non-residents

Activity #: (310044-A)

Adult/Teen Ballet level I (Beg/Adv. Beg.)

(Ages 14-Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to introduce new students to ballet and to allow students with some training to focus on improving balance and technique. The class will include basic ballet positions and movements. The level of difficulty will be adjusted to suit the experience of the students. All ability levels are welcome.

Instructor: Arlene Albert

Location: Senior Center Exercise Room; 303 Maple Road

Day: Wed., Jan. 11-Mar. 29 (10 classes) *no class 2/15 or 3/15

Time: 6-7:30 p.m.

Fee: \$75 for residents, \$85 for non-residents

Activity #: (310040-A)



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Adult Programs

Adult/Teen Ballet level II (Ages 14 - Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to further develop technique of students with at least 2 years' experience. The intermediate class will use steps in combinations. The level of difficulty will be adjusted to suit the experience of the students.

Instructor: Arlene Albert
Location: Senior Center Exercise Room – 303 Maple Road
Day: Tues., Jan. 10-Mar. 28 (10 classes)*no class 2/14 or 3/14
Time: 6-7:30 p.m.
Fee: \$75 for residents, \$85 for non-residents
Activity #: (310041-A)

Intro to Belly Dance (Ages 16-Adult)

Belly dancing, a mystical dance form emphasizing expressive movements, is a fun way to tone your body from head to toe! Participants will move through a warm-up series, classic belly-dance moves, and a cool-down period, engaging your mind and muscle as you learn isolation techniques of this dance. Socks or slipper-like dance shoes are required.

Instructor: Ann Kozikowski
Location: Senior Center Exercise Room – 303 Maple Road
Day: Wed., Jan. 11-Feb. 22 (6 classes) *no class 2/1
Time: (310046-A) 5-6 p.m.
Fee: \$60 for residents, \$70 for non-residents



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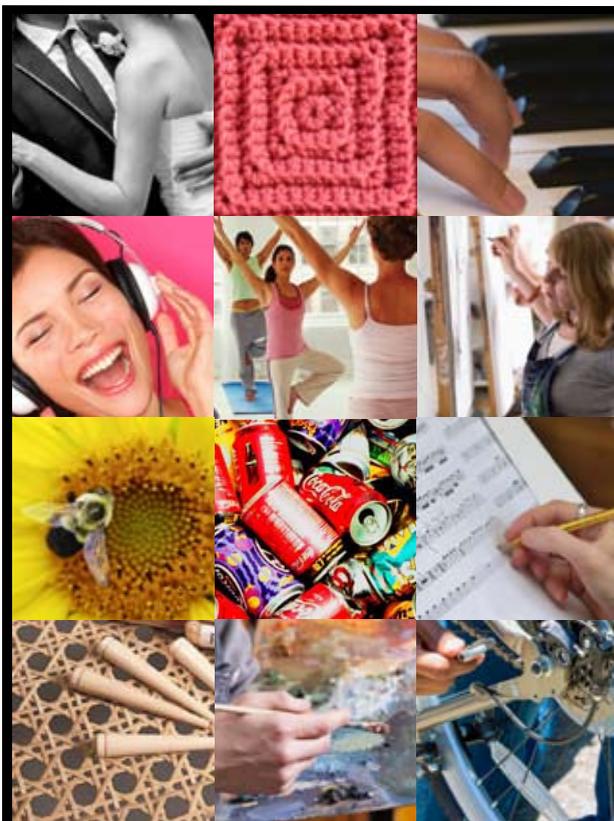


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Adult Programs



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