

CLASSES

All are at Gualala Arts Center unless indicated otherwise.

AEROBICS

Mondays, Wednesdays, Fridays, Saturdays, 8 a.m.

Debbie Langwell: 884-5021

Classes are \$8 each, on a drop-in basis, or you can purchase a multiple-pass at a discount. On Mondays and Fridays there are forty-five minutes of cardio, with a half-hour of stability training. On Wednesdays and Saturdays the classes consist of aerobic and strength training.

LIFE DRAWING

Wednesdays, 3 – 6 p.m.

Tom Warnock: 785-3668

At these informal sessions artists bring their own supplies, and a model is provided for a small fee.

KARATE CLASSES FOR CHILDREN

Tuesdays 4:15 – 5:15 p.m.

Lini Lieberman-Erich: 785-2288

Cost \$40 per month. An on-going martial arts classes for children five years and up. Learn discipline, respect, coordination, and gain self esteem. Call for more information.

CULINARY ARTS

Japanese Home-style Favorites

Four-class series on Thursdays in July (7/6, 7/13, 7/20, 7/27) limited to 12 persons.

Cost: \$20 per session.

Akiko Docker: 785-3929

Prepare (and eat) Seafood or Vegetable Tempura, Chicken Kara-age (fried chicken), Gyoza (Pot Stickers), Ginger Pork, Yaki-soba (fried noodles), Okonomi-yaki (cabbage and meat/sea food pancakes), Ramen-style noodle soup and *Onigiri* (rice balls with various fillings).



Photo from Jim Grenwelge's cooking crab class.

WEDNESDAY CLAY STUDIO

Held every Wednesday in June and August from 10:00 a.m. to 2:30 p.m. Drop-In-Open Enrollment.

For GA Members: Single Session \$20, or 6 Session Card for \$100. Non-members Single Session: \$28. Maximum: 8 students. Age: Persons under 16 must be accompanied by an adult during class.

Jan Maria Chiappa: 884-3825

Be a member of a working clay studio, talk about art, share creativity. Here is your chance to try out that clay project you've wanted to do, have an experience with a grandchild in clay, see if ceramics is for you. Bring a bag lunch; beverages will be provided.



Clay, tools and teaching support will be available. All skill levels are invited. Students may bring any clay materials for firing between cone 06 and 6. Jan Maria has had a long and varied career in both the arts and education. She maintained a studio in Berkeley for many years producing fine art and functional craft pieces.

TAI CHI YANG

STYLE

Ongoing class every Thursday, 10 - 11 a.m.

Members: \$10 per class or purchase a 6 class card for \$50.

Minimum: 5 students; Maximum: 20 students.

Linda Reno: 884-4715

There are many health benefits to the slow dance movements of Tai Chi. They improve balance, decrease falls, improve circulation, and activate the meridian system. Tai Chi aids in memory, improves breathing, relieves stress, and improves joint movements. Tai Chi is taught in comfortable clothing and socks or fabric soled tai chi shoes. The dance can be performed sitting, standing, or even lying down. No prior martial arts training are required. People with disabilities can do it. Linda J. Reno is a certified teacher in Tai Chi and has taught at medical facilities in the Bay Area and locally for a number of years.

