

## 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 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.

### CULINARY ARTS

**Japanese Home-style Favorites**  
**Four-class series on Thursdays 4 – 6 p.m.**  
**Limited to 12 persons.**  
**Cost: \$20 per session.**  
**Akiko Docker: 785-3929**

**July 13:** gyoza (pot stickers), chicken *kara-age* (deep fried chicken); **July 20:** ramen-style noodle soup, ginger pork (sautéed pork with ginger sauce); **July 27:** seafood and/or vegetable *tempura*, *onigiri* (rice balls with various fillings); **August 3:** *okonomi-yaki* (cabbage and meat/seafood pancakes), *yaki-soba* (fried noodles).

### WEDNESDAY CLAY STUDIO

**Held every Wednesday in June and August from 10 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. Persons under 16 must be accompanied by an adult during class.**  
**Jan Maria Chiappa: 884-3825**

Be a member of a working clay studio. 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.

#### \*Wish List\*

- \* A Closet Queen – a volunteer to come in once a week to keep order in our many closets.
- \* A flat-panel display monitor for the front desk.
- \* An XP Windows laptop.

### TAI CHI YANG STYLE

**Ongoing class every Thursday, 10 - 11 a.m. except on July 6, 13, and August 17.**

**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.



### SUMMER PROGRAM FOR YOUTH

**Wednesday through Friday, July 5 - 7, and Monday through Friday, July 10 - 14 from 9:30 a.m. - 12:30 p.m. Cost per child is \$125. Registration is already in progress and closes June 16 or when full. A scholarship of \$75 may still be available. Apply when registering. Call 884-1138.**

All coastal children are invited to participate in this year's program sponsored by Gualala Arts. Children should arrive at Gualala Arts Center at 9:30 a.m. (9:15 a.m. the first day). They are supervised from 9:30 a.m. to 12:30 p.m., and must be picked up promptly at 12:30 p.m. Each child should bring a snack with his/her name on the container each day.

Pre-School Ages 3, 4, 5 will be given Art and Physical Education taught by Lena Bullamore. This self-contained class, with indoor and outdoor activities, is directed by a fine teacher who is well-known on our coast for her many years of working with young children. In this 3-hour program, children will participate in movement, drama, games, music, and visual art, all in a safe environment that encourages creativity in art and body awareness in movement.

Children in grades 1 – 2 – 3, and grades 4 – 5 – 6 are offered two 1½-hour classes, for a total of three hours each day and choosing among: **Ceramics**, taught by Darshan Hodges; **Drama**, taught by Anna Dobbins; **Creative Arts and Crafts**, taught by Gerda Randolph; **Environmental Art**, taught by Nicole Ponsler; **Culinary Art**, taught by David 'Sus' Susalla & the Culinary Arts Guild; **Drawing and Painting - Practice Techniques of Famous Artists**, taught by Barbara Ward-Clark.