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Poetry Club
Both events take place from 9 a.m. to 1 p.m.
April 4: Yard Sale, CEC
Our third annual yard sale! Bring us what you no longer want or need as long as it is in good condition. *Donations accepted at both centers in March.*

April 25: Crafts Fair, LEC
Outside vendors: $25 a table (XOLLI 875 L01)
OLLI members: $20 a table (XOLLI 875 L02)
Come see what your fellow OLLI students make and do; come see outside crafters' wares also.

Arts, Crafts, and Photography
Abstract Painting Basics
Martha Van Loan
Students purchase their own basic materials: standard or gallery stretched canvas 16-by-20 inches or larger. Choice of basic paints, brushes, palette, and easel. CEC

Acrylic Painting
Barnie Slice
Paints: If you are a new student and just learning to paint, I suggest you purchase the large plastic tubes of acrylics such as the Liquitex BASICS line in the following colors: white, ultramarine blue, Hooker’s green, cadmium yellow, cadmium red, alizarin crimson, Payne’s grey, burnt sienna, yellow ochre, and burnt umber. Colors you may want to add later are thalo blue, sap green, raw sienna, and a purple of some kind. If exact colors are not available, use the closest color you can find. Brushes: I suggest purchasing a nice set of acrylic brushes and add the following: a script, liner, or rigger brush; a fan brush; a half-inch flat comb brush; a quarter-inch and a half-inch angle brush. Preferably, purchase white sable, Golden Taklon, or natural bristle brushes. Palette: I find the paper palette pads to be the best for all applications. Use one and tear it off and throw away. It’s that simple. Canvases: You may use the hard canvas panels or the stretched canvas panels; whichever is your choice. Also needed are a roll of paper towels, pencils, erasers, palette knives, a table easel, and other accessories as desired. LEC

Acrylic Painting Basics
Martha Van Loan
Students should purchase their own materials: stretched canvas (11-by-14 inches); heavy body acrylic paint (tube paints) in cadmium red, yellow, ultramarine blue, white, and black, as well as any optional colors desired; acrylic or oil brushes; paper towels; two glass jars for water; paper palette or plastic coated paper plates; and one soft lead pencil. CEC

Acrylic Painting Intermediate/Advanced
Martha Van Loan
Acrylic Painting Intermediate/Advanced, M. Van Loan
Bring your own materials. CEC

Alcohol Ink Scarf Painting
Suz Mole
Materials fee: $30 payable to the instructor at the beginning of class. LEC

Basic Realism in Oil and Acrylic
Jef Sturm
The supplies needed are: the basic colors of oil or acrylics in tubes which include cadmium lemon yellow, cadmium yellow medium, alizarin crimson, cadmium red light, ultramarine blue, Prussian blue, and white; three brushes (small, medium, and large); brush cleaner; a painting medium; palette knife; paper towels; canvases 9-by-12 inches and 11-by-14 inches in size; and something to carry it all in. LEC

Beginning Encaustic Painting
Suz Mole
Materials fee: $30 payable to the instructor at the beginning of class. LEC

Classic Grapevine Wreath Workshop
Martha Van Loan
Students supply their own materials: one plain grapevine wreath sized 16 inches to 30 inches, silk flowers and picks, two-inch wired decorative ribbon seven yards or more, and one can of matte acrylic spray paint in coordinating color or natural brown. CEC and LEC

Connecting Possibilities
Becky Steele
Materials list: one or two artist canvases, panel or stretched, 12-by-12 inches or similar size; assorted acrylic paints with at least five of your favorite colors including white; one or more brushes; and a graphite pencil. Optional: watercolor markers or pens. CEC and LEC
Discover Needle Felting
Sue Ann Whittick
Materials fee: $7 payable to the instructor at the beginning of class. **CEC and LEC**

Discovery Art Group
Barnie Slice
Students bring their own supplies for the medium in which they have chosen to work. **LEC**

Easy Greeting Cards
Ellen Jampole
Instructor will supply all consumable materials needed. Materials fee: $20 payable to the instructor at the beginning of class. If you have tools you wish to use, bring them. **CEC**

Felted Soap Workshop
Lisa Williams
Materials fee: $15 payable to the instructor at the beginning of class. **CEC** and **LEC**

Fused Glass Valentine’s Wind Chime
Suz Mole
Materials fee: $45 payable to the instructor at the beginning of class. **CEC**

Intermediate Alcohol Ink and Ink with Resin
Suz Mole
Materials fee: $30. **LEC**

Jewelry Making Beyond Basics
Cathy Hatch
This six-week course will teach and utilize more advanced skills and projects in jewelry-making. Each class will include a finished piece that the student will take home. Students will register for all six sessions as the classes build skills that are needed for the progression of classes. All materials provided. Materials fee: $120 payable to the instructor at the beginning of class. **CEC** and **LEC**

Knitting for Beginners to Advanced Knitters
Priscille Boisvert
Teacher will call new students to let them know what they need. **CEC**

Mesh Wreath Workshops (Spring/Summer)
Martha Van Loan
Select picks, colors, and floral décor that allow you to use your wreath as you wish. Materials needed are: one 16-inch wire wreath frame (without ties); one 10-yard roll (or two five-yard rolls) of 21-inch mesh material; one roll of 2-inch mesh ribbon; one package of chenille wire; one eight-yard (or more) roll of decorative ribbon for your bow (optional); a selection of flowers, picks, and decorations to enhance your wreath; glue gun and glue sticks (optional); sharp scissors; and a pen and piece of paper. **CEC** and **LEC**

Mosaics: Stained Glass
Simone Esquierbel
The instructor will have project ideas available; however, individuals are encouraged to bring their own ideas. Simple, basic designs are best, as the details will come through in the stained glass and mosaic process. Clip art can be a great source. The panel will be 11-by-14 inches. This class is designed for beginner and immediate skill levels. Supplies can be purchased from the instructor for $50. **CEC** and **LEC**

Not Your Normal Origami
Ellen Jampole
Students will need to bring their own dollar bills and towels; other materials provided by instructor. Tips and directions are yours to take home to keep practicing there. Impress guests, friends, and family with fancy folded towels and napkins. Materials fee: $5 payable to the instructor at the beginning of class. **CEC**

Outdoor Fused Glass Spring Flowers
Suz Mole
Materials fee: $50 payable to the instructor at the beginning of class. **LEC**

Painting on Silk
Alice Estes
Materials fee: $40 payable to the instructor at the beginning of class. **CEC**

Pine Needle Creations by Zada Mae
Donna Davis
Materials fee: $60 payable to the instructor at the beginning of class. **CEC**

Scrapbook Mini Accordion Album
Lori Lohse
Materials fee: $20 payable to the instructor at the beginning of class. **CEC**

Scrapping Basics
Lori Lohse
Materials fee: $25 paid to the instructor at the beginning of class. **CEC**

Stained Glass Beginner/Intermediate Levels
**Kathy Welde and Sharon Knost**
The first project you choose will consist of no more than 10 pieces. Project completions will be determined by the student’s pace. Basic tools and grinders are always available and some smaller pieces of glass, but basic supplies must be purchased for a second project. A list will be provided. Students will be working with soldering irons, grinders, and sharp-edged glass, requiring dexterity, steadiness, and the ability to stand for long periods. Cost is determined by project chosen, but there will be a $3 fee to help cover costs of tools.

**LEC**

**Stained Glass Art for Intermediate/Advanced Levels**
*Kathy Welde and Sharon Knost*
At these levels, students are expected to provide their own tools and supplies, i.e., soldering iron, cutting tools, solder, copper foil, and glass. Glass grinders are available for use in class. This class is a relaxed atmosphere, and each student receives individual attention. Class size is no larger than 10 students. Students will be working with soldering irons, grinders, and sharp-edged glass, which will require dexterity, steadiness, and the ability to stand for long periods. Cost depends on project chosen; $3 fee to help cover costs of tools.

**Sweetgrass 101: The Basics of Sweetgrass Basket Weaving**
*Barbara McCormick*
Students need to bring scissors. Additional tools will be provided during class. Materials fee: $50 payable to the instructor at the beginning of class. **LEC**

**Sweetgrass Basket Weaving for Beginners**
*Gail Wright*
You get to keep your supply of materials. Students need to bring scissors. Materials fee: $50 payable to the instructor at the beginning of class. **CEC, GEC, and LEC**

**Visual Journals: Your Everything Book**
*Becky Steele*
Materials list: journal (recommended: 9-by-12-inch Canson mixed media art book, but any mixed media book and size will work); assorted pens, colored pencils, and markers; glue stick; scissors; and any old magazines you might want to bring. You can also bring: watercolor paints with brush, craft knife and cutting mat, stencils, lettering, rubber stamps, photos, flyers, postcards, brochures, tickets, stickers, newspaper articles, maps, photocopies, calendars, cartoons, menus, fabric, cards, wrappers, letters, receipts, notes, playing cards, puzzle books, old books, lists, sticky notes, and sticker books. **CEC and LEC**

**Watercolor Painting**
*Barnie Slice*
Paints: Don’t buy the cheapest paints you can find but buy the best you can afford. I recommend Cheap Joe’s American Journey (www.cheapjoes.com) watercolors because they are great and reasonably priced. A 15-ml tube is all you need for now. Buy one tube in the following colors: ultramarine blue, thalo blue, Hooker’s green, cadmium red medium, cadmium yellow medium, Payne’s grey, burnt sienna, yellow ochre, alizarin crimson, and dioxazine purple. You may add other colors as desired.

Palette: You MUST have a palette in which to put your paints. It is suggested to get a large square plastic one with at least 20 pockets around the edge for paints and space in the center for mixing. Fill each “pocket” with paint and let stand in the air for several days to harden. Line colors up by warm, cool, and earth tone colors.

Brushes: You may purchase a set of watercolor brushes, but make sure the bristles are man-made white bristles. A great brush is the Robert Simmon’s “Simply Simmons” series (available at most local art supply stores). Golden Taklon brushes are great, too. Purchase one each of the following brushes:

- Round brush - You will need a No. 30 or No. 36 size one, a large brush with pointed tip.
- Flat brush - a quarter-inch and a half-inch and a larger brush will work fine.
- Fan brush - This is a fan-shaped brush used for grasses and such. Be sure to get one that is slightly stiff and springy. A small and medium size is suggested.
- Rigger, also known as liner and script brush - These are small brushes with long bristles used for painting lines and details. A medium size is suggested.
- Rake or comb brush - These brushes are invaluable when painting grasses, etc.

Note: If you already own brushes, just bring them to class.

Papers: It is suggested to use 140-pound cold-pressed watercolor paper either as individual sheets or on a block pad. (Do not purchase any Strathmore brand watercolor papers! Strathmore makes great papers for
other applications but lousy watercolor paper.) Cheap Joe’s Kilimanjaro paper on a block pad is the recommended choice. Arches papers and block pads are excellent, too. Canson will do in a pinch.

Other: Bring a roll of paper towels and blue painter’s tape. LEC

Watercolors
Susan Duke
Students need tubes of paint; student grade is permitted: alizarin crimson, cadmium red, burnt sienna, bright yellow, sap green, French ultramarine (or ultramarine or cobalt blue), and indigo; pencil; soft eraser; No. 14 or No. 12 round watercolor brush; 140-pound cold-pressed acid-free watercolor paper (e.g., Strathmore Pad 300 Series); two white paper plates to use as a temporary palette; container/jar for water; No. 14 round watercolor brush; pencil; eraser; and paper towels. CEC

Weaving a Seaside Basket
Sue Ann Whittick
Materials fee: $7 payable to the instructor at the beginning of class. CEC and LEC

Unless specified in the description, please check the materials/supply list available online and in the OLLI centers for materials needed for classes.

COOKING AND FOOD

*HGTC policy states: For all hands-on cooking classes, closed-toe, flat shoes are required. High heels and sandals are not permitted. Wear long pants and a long-sleeved shirt, hair in a ponytail if possible, hands washed and nails clean. Refrain from wearing perfume or cologne. Bring a chef knife to class.

**All cooking classes are held at HGTC Culinary Institute, 920 Crabtree Lane.

FINANCIAL DECISIONS

AARP Driver Safety Program
Judy Chamberlain, Ralph Edwards, and Gregory Homer
The instructional materials fee is $15 for AARP members and $20 for non-AARP members and will be collected by the instructor the day of the class (only cash or check made payable to AARP). Participants should bring their driver’s license, AARP membership card (if applicable), payment, a light snack/drink, and a sweater or light jacket. CEC and LEC

FITNESS, HEALTH, AND WELLNESS

Chair Yoga
Linda Shultz
Chair yoga is a great starting point for anyone just starting a yoga practice, recovering from an injury or who has any physical limitations. With a variety of modifications, this class really is for anyone. All asanas (poses) are done either sitting in the chair or holding onto the chair when standing. By the end of the first session, you will notice some changes to your flexibility, balance, strength, and muscle tone. Best of all, no experience is needed. You are sure to enjoy this class. Wear comfortable clothes and bring a smile. Students need a thin yoga mat, block, and strap. Bring a bottle of water. CEC

Emotional Support with Essential Oils
Debi Boyle
Make one or more rollerballs. Materials fee: $5 per rollerball payable to the instructor at the beginning of class. LEC

Make and Take Essential Oil Class
Debi Boyle
Choices of rollerballs to make: immune support, digestive health, sleep and calming, allergies, headaches, sore muscles and joints, energy and focus. $5 each. Make one or all, for yourself or as a gift! LEC

Nia Dance – Moving to Heal
Debbie Mundie
Bring a yoga mat, blanket, or both. CEC

Yoga Level 1
Linda Shultz
Bring water. Students need a yoga mat and sticky socks unless they intend to go barefoot. CEC

GENEALOGY

Beginning Genealogy
Gail Reynolds and Edie Reynolds
Students need a two-inch, three-ring binder and a package of dividers. CEC

Historic Newspapers and Genealogical Research
Gail Reynolds and Edie Reynolds
This is a computer-based course and students are advised to bring their five- or six-generation charts as
well as a flash drive to save any information that they discover. CEC

Using Google for Genealogical Research
Gail Reynolds and Edie Reynolds

INFORMATION TECHNOLOGY, COMPUTERS, AND SOCIAL MEDIA

Mastering Your Android Cellphone
Jaclyn DiGiogio
You must have an Android cellphone that can receive and send texts and photos. CEC

Mastering Your iPhone Cellphone
Jaclyn DiGiogio
You must have an iPhone cellphone that can receive and send texts and photos. CEC

Save, Organize, Share, and Enjoy your Digital Photos
Nancy Launi
Required materials: Bring a flash (USB) drive loaded with 25 to 50 photos. LEC

LANGUAGES

American Sign Language (ASL) Beginner: Continued
Cathy Milliren
No textbook required. Please bring a folder for holding papers and a writing utensil. CEC

Italian for Beginners
Jerry Frontiero
Required texts: “Italian in 10 Minutes a Day” by Kristine K. Kershal and “Learn Italian the Fast and Fun Way” by Marcel Danesi. CEC and LEC

Reading and Thinking Spanish: Part II
Luz Greene
Required text: “Read and Think Spanish” premium 3rd edition. CEC

Spanish for Travelers
Luz Greene
Required text: “Easy Spanish Step-by-Step” by Barbara Bregstein. CEC and LEC

LITERATURE AND WRITING

Write for Fun and Profit
Linda McGinn Waterman
Materials fee: $30, payable to the author at the beginning of class. LEC

PERSONAL GROWTH AND SKILLS

Party Magic for Young and Old
Bryan Blankenship
Come learn to be the life of the party. Materials fee: $30. CEC

OLLI CLUBS

To ensure participation from those who register, we are now charging semester fees for each club. Dining clubs are $5; those that meet once a week or less are $10; and those that meet twice a week or more are $20.

Book Club (Conway)
Ellen Elliott
Meets year-round on the second Monday of each month from 1-2:30 p.m. to discuss works selected by the group. Book selections for January to May are:
Jan. 13, “The Day the World Came to Town” by Jim DeFede, Pat A. as facilitator.
Feb. 10, “A Long Walk to Water” by Linda Sue Park, Lydia as facilitator.
March 9, “The Dutch House” by Ann Patchett, Ruth as facilitator.
April 13, “Midnight in the Garden of Good and Evil” by John Berendt, Ellen W. as facilitator.

Classic Book Club (Litchfield)
Janis Adams
This is a classic books group that meets year-round on the first Thursday of the month from 2-4 p.m. Book selections are listed on the website and in the e-newsletter.
Jan. 9, “Embers” by Sandor Marai.
Feb. 6 “Out of Africa” by Isak Denison.
March 5, “Sister Carrie” by Theodore Dreiser
April 2, “Justine” by Lawrence Durrell
May 7, “Cold Comfort Farm” by Stella Gibbons

Colored Pencil Art Practice Club (Conway)
Leslie Graves
Club members will need to supply their own materials.

Colored Pencil Painting Club (Litchfield)
Noreen Gordon
Club members will need to provide their own supplies.
Contemporary Book Club (Litchfield)
Marsha Fister
This is a contemporary books club that meets year-round on the fourth Monday of each month from 10 a.m. to noon. Book selections are listed on the website and in the e-newsletter.
Jan. 27, “Valiant Ambition” by Nathaniel Philbrick
Feb. 24, “Unexampled courage,” by Richard Gergel
March 23, “The Tatooist of Auschwitz,” by Heather Morris
April 27, “The Power,” by Naomi Alderman

Current Events: The World (Litchfield)
Bob Poirier
A two-hour discussion of U.S. and world events and their impact; held normally on the second Wednesday of the month.

Dining Club Central (Conway)
Kofie Montgomery and Sheila Rudesill
Members of the dining club will meet for dinner at local restaurants once a month. The club will generally meet in restaurants in Conway, The Market Common, Myrtle Beach, “Restaurant Row,” and Surfside Beach. Members are expected to RSVP by the date asked and to order from the menu.

Dining Club North (Conway)
Susan Granger
Members of the dining club will meet for dinner at local restaurants once a month. The club will generally meet in restaurants in Conway, Myrtle Beach, “Restaurant Row,” and North Myrtle Beach. Members are expected to RSVP by the date asked and to order from the menu.

Fiber Arts Club (Litchfield)
Dolores Dunnington
Members will be introduced or can expand their knowledge in areas of yarn arts: crochet, knit, yarn fibers, techniques, reading patterns, tools, and resource materials. Preserve the history of fiber arts while encouraging new design training opportunities and related topics. Level of knowledge: Beginners and experienced levels welcome.

Fun and Games Club (Conway)
Kris Szepanski
Join your OLLI friends for various board and card games. This is a no-stress zone filled with a fair amount of laughing and good times. Absolutely NO experience needed, and game rules are explained prior to play.

Gardening in the South (Conway and Litchfield)
Anita Lampley
There is no prerequisite to participate in this gardening club. Here you will learn more about plants appropriate to this area of South Carolina. Additionally, you may listen to guest speakers, exchange plants, learn about gardening events in the area, or take field trips.

Georgetown Lunch Bunch (Litchfield and Georgetown)
Verna Berry
Members will meet for lunch at Georgetown (city or county) restaurants once a month. If in the city, enjoy the local restaurants and afterwards, wander up and down the quaint downtown, shopping if you wish. Or walk along the HarborWalk, taking in the sights including local wildlife and the boats anchored in the harbor. If in the county, there may be other places to see and things to do after you dine.

Gilles Bridge Society (Conway)
Keith Burroughs
This is a progressive rubber bridge group. Each player is asked to contribute 50 cents at each meeting to provide prize money. The format is unique for social bridge in that the same partner is retained throughout the evening and penalties for slow play are mitigated. Individuals without partners are welcome. The society has no affiliation with a national organization.

Investor Education Club (Litchfield)
Robert Unger
Learn about the different kinds of financial investments, as well as the risks and rewards associated with each. Club participants will be better able to construct an investment portfolio designed to meet specific objectives and/or more intelligently work with a financial adviser in structuring investment strategies.

Mahjongg Club (Conway)
Sandy Hargis
This club is for American rules mahjongg. Experienced players as well as beginners are welcome. You will need to bring your National Mahjongg League, Inc., 2019 card. If you have a mahjongg set, please bring that, too. For questions, contact Sandy Hargis at slmhahjongg@yahoo.com.

Mahjongg Club (Litchfield)
Carol Meldrom
The Mahjongg Club members must have a current mahjongg card and are encouraged to bring a mahjongg set. LEC
Spanish Club (Conway)
Luz Greene
Club members will generate discussion topics related to Spanish language and culture for all levels from basic to advanced conversational Spanish.

Tai Chi Practice (Conway)
Loretta DeLuca and Sheila Rudesill
This club is for the practice of tai chi Moy Style for students who know the first 108 moves and want to practice the entire set of movements with a group. There is no instruction being done in the club.

Tai Chi Practice (Litchfield)
Melanie Scott
This club is designed as a practice session for those already familiar with the 108 moves of Taoist tai chi. Enjoy the benefits and encouragement of a group setting in a one-hour session twice a week.

World Affairs Club (Conway)
Samih Baalbaki
This club allows members to learn about current affairs and world events through discussion, presentations, or guest speakers. You may attend any meeting of the club, but must also complete a separate registration for the special events.

Writers’ Club (Litchfield)
Anita McKay
The Litchfield Writers’ Club provides a weekly opportunity for people to submit work they’ve written to have other members offer feedback on its strengths and weaknesses.

SUMMER 2020 COURSE DESCRIPTIONS

May 16 to Aug. 15, 2020. Registration begins in March.

ARTS, CRAFTS, AND PHOTOGRAPHY

Abstract Painting Basics
Martha Van Loan
BYO materials. CEC

Acrylic Painting Basics
Martha Van Loan
Beginners learn how to prepare canvas, mix colors, choose brushes, and develop painting techniques. Short introductions in each class, then students will work individually with one-on-one guidance. BYO materials. CEC

Acrylic Painting Intermediate and Advanced
Martha Van Loan
Expand your painting interests. Try new styles such as expressionism, abstract, graphic, surrealism, or photorealism while using your own subjects. BYO materials. CEC

Basic Realism in Oil and Acrylic
Jef Sturm
Students will grow in the understanding of what makes a good, realistic painting, with a growing understanding and insight into how they can make it happen. Bring your own materials; see previous list. GEC

Christmas in the Summer: Fused Glass Ornaments
Suz Mole
Materials fee: $45 payable to the instructor at the beginning of class. LEC

Connecting Possibilities
Becky Steele
Materials list: one or two artist canvases, panel or stretched, 12-by-12 inches or similar size; assorted acrylic paints with at least five of your favorite colors including white; one or more brushes and a graphite pencil. Optional: watercolor markers or pens. CEC and LEC

Classic Grapevine Wreath
Martha Van Loan
Students supply their own materials: one plain grapevine wreath 16 inches to 30 inches; silk flowers and picks; two-inch wired decorative ribbon seven yards or more; and one can of matte acrylic spray paint in coordinating color or natural brown. CEC and LEC

Easy Greeting Cards
Ellen Jampole
Instructor will supply all consumable materials needed. Materials fee: $20 payable to the instructor at the beginning of class. If you have tools you wish to use, bring them. CEC

Jewelry Making Freestyle
Cathy Hatch
Students can design their own jewelry, focusing on a different piece each week, while receiving help and instruction from the teacher. Materials fee: $20 per week payable to the instructor at the beginning of class. CEC

Mesh Wreath Workshops
Martha Van Loan
Purchase your own materials for each class. Select picks, colors, and floral décor that allow you to use your wreath as you wish. Materials needed are: one 16-inch wire wreath frame (without ties); one 10-yard roll (or two five-yard rolls) of 21-inch mesh material; one roll of 2-inch mesh ribbon; one package of chenille wire; one eight-yard (or more) roll of decorative ribbon for your bow (optional); a selection of flowers, picks and decorations to enhance your wreath; glue gun and glue sticks (optional); sharp scissors; and a pen and piece of paper. CEC

**Mini Accordion Scrapbook Album**  
**Lori Lohse**  
All supplies will be provided, but you will need to add your own photos. You can bring a selection of photos to the class and add them during the session. Materials fee: $20 payable to the instructor at the beginning of class. CEC

**Pottery**  
**Myrtle Beach Art Museum Instructor**  
The Myrtle Beach Art Museum’s Lineta Prichard Pottery Studio includes six pottery wheels and an area for hand building and glazing. With intimate class sizes, instructors provide students of all levels with on-on-one attention, working with them to enhance their experience, whether it be on the wheel, building with slabs and coils, or a little bit of both. All of the student work is fired on site in this six-week class. Come and play in the clay! Franklin G. Burroughs-Simeon B. Chapin Myrtle Beach Art Museum

**Sweetgrass 101**  
**Barbara McCormick**  
Students need to bring scissors. Materials fee: $60, payable to the instructor at the beginning of class. GEC and LEC

**Sweetgrass Basket Weaving for Beginners**  
**Gail Wright**  
Students need to bring scissors. Materials fee: $60 payable to the instructor at the beginning of class. CEC and LEC

**Visual Journals – Your Everything Book**  
**Becky Steele**  
Materials list: journal (recommended: 9-by-12-inch Canson mixed media art book, but any mixed media book and size will work); assorted pens, colored pencils and markers; glue stick; scissors and any old magazines you might want to bring. You can also bring: watercolor paints with brush, craft knife and cutting mat, stencils, lettering, rubber stamps, photos, flyers, postcards, brochures, tickets, stickers, newspaper articles, maps, photocopies, calendars, cartoons, menus, fabric, cards, wrappers, letters, receipts, notes, playing cards, puzzle books, old books, lists, sticky notes, and sticker books. CEC and LEC

**FITNESS, HEALTH, AND WELLNESS**

**Nia Dance – Moving to Heal**  
**Debbie Mundie**  
Nia is a unique movement practice that delivers the creative expression of dance, the power and precision of martial arts and the functional movement of the healing arts, creating a synergistic blend of movement forms. Yoga mat or blanket is optional. CEC

**Summer Solutions with Essential Oils Make and Take**  
**Debi Boyle**  
People can make natural products for use in the summer, such as sunburn cooling spray, bug and tick repellent, or gardening sprays. Materials fee depends on what items are made. LEC

**OLLI CLUBS**

**Dining clubs are free for the summer semester. Those meeting once a week or less often for the summer are only $5. Those meeting twice a week are $10.**

**Book Club (Conway)**  
**Ellen Elliott**  
Meets year-round on the second Monday of each month from 1-2:30 p.m. to discuss works selected by the group. Book selections are listed on the website and in the e-newsletter.

**Colored Pencil Painting Club (Litchfield)**  
**Noreen Gordon**  
This club will meet weekly to encourage artists and support their evolving works. Members will feel free to ask questions of each other and learn from each other through regular critiques. Members need to supply their own materials. LEC

**Contemporary Book Club (Litchfield)**  
**Marsha Fister**  
This club meets the fourth Monday of each month from 10 a.m. to noon. Book selections are listed on the website and in the e-newsletter.

**Dining Club Central (Conway)**  
**Kofie Montgomery and Sheila Rudesill**
Members of the dining club will meet for dinner at local restaurants once a month. The club will generally meet in restaurants from Conway to “Restaurant Row” to Surfside Beach. Members are expected to RSVP by the date asked and order from the menu.

**Dining Club North (Conway)**  
**Susan Granger**  
Members of the dining club will meet for dinner at local restaurants once a month. Members are expected to RSVP by the date asked and order from the menu.

**Gilles Bridge Society (Conway)**  
**Keith Burroughs**  
This is a progressive rubber bridge group. Each player is asked to contribute 50 cents at each meeting to provide prize money. Individuals without partners are welcome. The society has no affiliation with a national organization.

**Mahjongg Club (Conway)**  
**Sandy Hargis**  
This once-a-month club is for experienced players and beginning players of American rules mahjongg. You will need to bring your own card. If you have a mahjongg set, please bring it. The logistics of play will be reviewed at the first meeting. Beginning players will receive instruction.

**Tai Chi Practice Club (Conway)**  
**Loretta DeLuca and Sheila Rudesill**  
This class is designed as a practice session for those already familiar with the 108 moves of Taoist tai chi and want to practice the entire set of movements with a group.