Acrylic Painting
Barnie Slice
This acrylic class is designed to take beginning artists and teach them the techniques, colors, textures and subjects so they can become self-confident practicing artists. More experienced artists will enjoy the class, too, as we advance into some more difficult subject matter. Students must have their own supplies.

Acrylic Painting
Martha Van Loan
Beginners learn how to handle acrylic paints, prepare a canvas, mix colors, use different brushes and develop techniques. Experienced students work individually with one-on-one guidance, enhancing their unique style and tackling areas they want to improve. Students choose subject matter. Instructor is a professional painter with years of experience to share. Explore new ideas. Students need acrylic paints, brushes, canvases, palette and two glass water jars.

Basic Bookbinding by Hand
Molly French
Learn basic bookbinding structures and stitches to make handy little books for yourself or as gifts! Students in this three-hour workshop will learn three staple structures of the bookbinding world: pamphlet stitch, accordion folding, Japanese stab binding, and if there’s time, a one-sheet wonder! If you’ve been curious about book arts basics, this is a great starter class; in three hours, you’ll gain the know-how to start making books of your own. Please bring heavyweight scrap paper or recycling, like catalog and magazine covers, and any "pretty" or decorative papers you may have on hand. Materials fee: $18, payable to the instructor at the beginning of the class.

Basic Drawing
Jef Sturm
This class is all about learning to draw. All aspects will be taught to enable the student to improve and be able to understand spatial relationships. If you realize that your drawing abilities are lacking and that you need to understand how to draw to be able to express your ideas then this is the class for you. Students need one 18x24 newsprint pad and Conté crayon, charcoal or both.

Basic Realism in Oil
Jef Sturm
The student will learn how to create depth in landscape painting and be able to paint in a more realistic manner. The goal is to help the student improve and learn the necessary ways to better painting. The supplies needed are: the basic colors of oil 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 9x12 and 11x14 in size; and something to carry it all in.

Beach Creative Arts Workshops
Jinny Pizzuti-Wilson
Following teacher instructions, learn to create unique art using ocean finds from S.C. beaches and barrier islands. All materials furnished by instructor. The materials fee varies from $20 to $50, depending on which workshop you take: Medium Driftwood Nativity, Large Driftwood/Seashell Mobile, Driftwood or Oyster Shell Mirror or Driftwood Sunburst Wall Art.

A Beginner’s Guide: Making Ukrainian Easter Eggs
Robin Gabriel
This workshop will teach students to make beautiful Ukrainian Easter eggs. Based upon the wax-resist method of dying, this folk art tradition uses a technique of writing on eggs using hot beeswax and multiple baths in special dyes. Students will take home at least one completed egg. Instructor will supply all needed items. Materials fee: $25, payable to the instructor at the beginning of class.

Beginning Photography
David Thomas
Learn how to use cameras such as DSLRs, mirrorless, superzooms or point and shoots. Students must have their own camera with manual controls. Please no cameras that cannot use manual settings like Aperture, Shutter and ISO.

Colored Pencil Painting Techniques
Jolene Williams
Beginners and advanced students are welcome. Today, the art world is recognizing colored pencil art along with other mediums, such as oil, acrylic, pastel and watercolor. Viewers say “Wow, that’s colored pencil?” It takes so little to get started, they are easily portable and there’s no mess. Materials needed are: Sharpened
set of artist quality Prismacolor pencils (do not buy Verithin Prismacolor pencils or water soluble pencils; these will be discussed at a later time). Sets come 24, 48, 72—bring as many as you can. Individual pencils can be purchased to supplement your set. One colorless Prismacolor or Lyra blender pencil. 6–8 sheets of 8x10 or 9x12 artist quality paper. Example: Bristol 96 lb. or similar white paper. Rising Stonehenge paper will also be available later for purchase in class. 8x10 tracing paper (for transferring designs). Regular 2B graphite pencil, eraser, package of sticky poster adhesive (for lifting pigment), pencil sharpener (recommend electric/battery with an extension cord) and drafting brush or large soft brush. Optional: Prismacolor clear blender marker or small bottle of odorless Turpenoid (with a few ear swabs) and Krylon matte finish spray or equivalent.

Creative Fused Glass for Beginners
Patrick Burger
Channel your creative urges into beautiful fused glass jewelry. You’ll learn to cut and design glass that will be transformed into earrings and pendants everyone will admire. No prior experience necessary. Tools are provided for class use. The materials fee includes glass, glue, jewelry findings and kiln costs. Materials fee: $25, payable to the instructor at the beginning of the first class.

Discovery Art Group
Barnie Slice
This class allows students to work in whatever medium they choose, but they need to have been painting for at least a year before joining this more advanced class. We tackle difficult subject matter and work together as a group to work out techniques, colors, etc. Students bring their own supplies for the medium they have chosen to work in.

Drawing and Basic Design
Jolene Williams
“Learning to draw is very much like learning a sport or learning how to play a musical instrument. Once you have learned the fundamentals, any advance in skills is based on practice, practice, practice,” writes Betty Edwards. Drawing and basic design go together, as drawing involves edges, perspective, values, textures, etc. while basic design is the arrangement of all parts of an art work. All drawing levels are welcome for a fun and challenging class. Materials needed are: 8x10 (or larger) artist quality drawing paper pad (80 lb. or more is a good weight), a smaller art journal (to carry with you for daily sketching), pencils: #2B or HB (regular writing pencil) #6B (soft pencil for dark marks), #5H or #6H (hard pencil for light marks), waterproof black drawing pen with a fine nib, charcoal stick or charcoal pencil, graphite stick, #4B or #6B (small bar of graphite lead), a good eraser (example: white plastic or Pink Pearl), kneaded eraser, stump or tortillion for blending (rolled paper with a pointed end), small package of facial tissues and a ruler.

Easy and Simple Greeting Cards
Ellen Jampole
Tired of buying greeting cards? Unleash your creativity and make them in a relaxed atmosphere. Using pre-made cards or cardstock as a base, we will make cards for children or adults, for holidays or any occasion. Learn to make simple pop-up cards. Use items such as stickers, baker’s twine and clothes pins, “jewels” or washi tape to embellish the design, and learn simple patterns for decoration. Leave class with materials and directions to keep making cards. Instructor will supply all materials needed. Materials fee: $20, payable to the instructor at the beginning of the first class. If students have tools they wish to use, they are free to bring them.

Fabric Dyeing 2.0
Judy Lyons
This course goes beyond the basics of fabric dyeing with fiber reactive dyes on cotton fabric. Students will start with immersion dyeing and move to tray dyeing, painting and printing with dyes. All fabric and dyes are included in material fee. Students need rubber gloves, a respirator and old clothes. Materials fee: $60, payable to the instructor at the beginning of the first class.

Fabric Painting: Batik and Wax Work
Alice Estes
Use a tjanting (wax tool) to draw with and tjaps (copper print blocks) to stamp on various fabrics. Have fun brushing or spraying on silk paints and watch colors float or mingle into a work of art. Materials fee: $20, payable to the instructor at the beginning of the first class.

Introduction to Fabric Dyeing
Judy Lyons
Learn the basics of fabric dyeing using fiber reactive dyes on cotton fabric. Students will learn eight-step immersion dyeing, cross dyeing, rainbow dyeing and parfait techniques. All fabric and dyes will be supplied. Students need rubber gloves, a respirator and old clothes. Materials fee: $60, payable to the instructor at the beginning of the first class.
Mesh Wreath Crafting (Sea Coast, Spring, All-American)
Martha Van Loan
For all levels. Create mesh wreaths using materials and colors appropriate to the theme of the class you are attending. Select picks, colors and floral décor that allow you to use your wreath as you wish. Materials needed are: one roll of 21 inch mesh material, one roll of 2 inch mesh ribbon; one package of chenille wire; one 16 inch plain wire working frame; one roll of 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 pen and paper. Returning students may bring an assortment of coordinating ribbon rolls (three) and package of 20 paper wrapped floral wire for a more complex decorative technique and one wire cutter (optional).

Mosaics: Glass on Glass with Agate Slice
Simone Esquibel
Participants will create a translucent hanging mosaic ideal for placing in a window. This project will be made of stained glass and a slice of polished agate, on a 12 inch diameter circle substrate. This is a fun project, which will teach basics for creating glass on glass mosaics. No previous experience required. As the materials have to be ordered in advance, please register a couple of weeks ahead of time if possible. Materials fee: $55, payable to the instructor at the first class meeting.

Paper Flower Classes (Spring and Summer Flowers)
Judy Lyons
Learn how to construct large life-like paper flowers to use as centerpieces, wall decor or as gifts for a house warming, new baby, holiday, etc. Students will bring good paper cutting scissors and a high temp glue gun. All other materials will be supplied. A new flower will be made at each session. Flowers will be a daisy, peony, magnolia and rose for spring; water lily, aster, clemanthus and small rose for summer. Flowers are constructed of heavy card stock paper that will last for several seasons. Materials fee: $60, payable to the instructor at the beginning of the first class.

Pine Needle Creations
Donna Davis/Zada Mae
Learn to create amazing works of art from pine needles fresh from the forest floor. This course will offer the opportunity to create pine needle baskets and much more, using amazing recycled and natural items. Materials fee: $50, payable to the instructor at the beginning of the first class.

So You Want to Be a Better Photographer
Paige Sawyer
SLR cameras are recommended for this class. If your goal is to make photographs instead of take photographs, this class is for you. You'll learn the different functions of your camera and how each one will improve your photography. Combine this new knowledge with what you'll learn about lighting and composition and you'll immediately understand the art of good photography.

Stained Glass Art
Sharon Knost
Stained glass art is a fun class for all skill levels. No experience is necessary. Beginners learn the basic skills using the copper foil and solder method and will complete a project in a design of their choice. Certain materials are provided (glass grinders and tools), however, it is necessary for students to purchase certain materials (glass, copper foil, solder, etc.). A detailed list will be provided with this information the first day of class. There is a limited amount of stained glass for student use in the classroom. This class is a relaxed atmosphere and each student receives individual attention.

Stained Glass
Kathy Welde
Enjoy a relaxed workshop where we come together to create beautiful pieces. Work in a supportive environment with the resources and advice you want and need. Learn the basics of glass cutting, grinding, polishing and placement, followed by the development of the finer skills of design and foil soldering. All levels welcome. Many students return semester after semester to complete projects large and small. Many basic items are available from the instructor. Although tools are available in the classroom, students are encouraged to acquire their own as the class proceeds. Materials additional; cost determined by materials chosen, which depend on the project.

The Basics of Sweetgrass Basket Weaving
Barbara McCormick
Have you had an interest in the Lowcountry art of sweetgrass basket weaving? This is the class for you. This four-week course will provide you with knowledge of sweetgrass basket weaving as well as hands-on experience by creating the two traditional sweetgrass baskets shapes (round and oval) in the class. Sweetgrass baskets are coiled with sweetgrass and Southern long-leaf pine needles and lashed with strips of palmetto.
Techniques taught will enable the students to design a variety of shapes and sizes of sweetgrass baskets. This is an art form stemming from West Africa over 300 years ago. Students need to bring scissors. Additional tools will be provided during class. Materials fee: $50, payable to the instructor at the beginning of the first class.

Sweetgrass Basket Weaving 101
Gail Moona
In this class, you will learn about the history of sweetgrass basket weaving and the process of making a basket. Then you will be able to build two small baskets with the purchased materials provided by the instructor. Materials fee: $50, payable to the instructor at the beginning of first class.

Watercolor Painting
Susan Duke
Whether a beginner or advanced painter, you can enjoy this course to create your own masterpieces! Class instruction includes a variety of techniques, styles of watercolors, composition and use of color. Topics range from brushes and paper selection to watercolor crayons, pencils and use of gouache. All levels welcome. Students need tubes of paint, student grade: alizarin crimson, cadmium red, burnt sienna, bright yellow, sap green, French ultramarine (or ultramarine) and indigo; pencil; soft eraser; #14 or #12 round watercolor brush; 140 C.P. (cold pressed) acid-free watercolor paper (e.g., Strathmore Pad #300); two white paper plates to use as a temporary palette; container/jar for water; and paper towels.

Watercolor Painting
Barnie Slice
This watercolor class takes the beginning artist and helps them develop their talent by the use of techniques, colors, textures, etc. Although a class subject matter is chosen for each class, the students are free to paint their own favorite subject matter. Students bring their own supplies.

Weaving a Seaside Angel
Sue Ann Whittick
Use basic techniques to weave a small angel from reeds. Then decorate your angel with shells, pearls, and other embellishments from the sea. Materials fee: $5, payable to the instructor at the beginning of the first class.

**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.**

COOKING AND FOOD

Best Italian Desserts, HGTC Chef*
This class is a flavorsome trip through Italian culinary traditions to discover delicious traditional sweets. Join the HGTC pastry chef for some wonderful specialties that will captivate your palate.

Delicious Chocolate Desserts, HGTC Chef*
There is no food quite like chocolate, whether you like milk, dark or both. It is totally comfort-packed and can be good for you. Indulge in decadent chocolate desserts such as a rich chocolate cake, delicious brownies or creamy custards. Everyone will find something in this mix that will satisfy a sweet tooth.

Scrumptious Scones and Biscuits, HGTC Chef*
Try your hand at biscuits and scones. Although neither is difficult to make, there are some secrets to making flaky biscuits and tender scones. Our pastry chef will explain the science and techniques behind these flaky wonders as you mix up a savory and sweet variety of biscuits and scones.

Shrimp and Grits, HGTC Chef*
This special class focuses on creating a single dish and learning how to recreate it at home. This traditional Lowcountry dish has never been more popular. In this class the chef will focus on teaching you how to cook the perfect shrimp and grits – one that you’ll want to serve for breakfast, lunch or dinner.

“Dancin’ and a-Prancin’”
Ellen Jampole
Come have fun dancing, bending, twisting, prancing and walking to the oldies and newer songs. Keep limber and active. We tend to laugh a lot in the class too. Core exercises, balancing moves, arm strengthening and ankle work will be done. We will also do some hoop work that does not involve hula hooping. If you are interested in trying to do traditional hooping, you can. Some dance moves will be taught. Activity Level 3 – moderate with some intense intervals. Students should adapt moves to meet their bodies’ abilities and rest as needed.
needed. Wear clothes you can move easily in. Wear comfortable shoes. Students should bring water.

Nia Dance – Moving to Heal
Debbie Mundie
Nia is a 55-minute non-impact, aerobic routine that is practiced barefoot and suitable for people of all ages and fitness levels. It combines dance movements, martial and healing arts with soul stirring music that nurtures body, mind, spirit and emotion. The primary principle of Nia is joy of movement. Routine choreography includes combinations of Nia’s 52 basic moves and students are encouraged to move their own bodies in ways to experience pleasure and self-expression. Each session will feature a unique Nia routine. Bring a yoga mat, blanket or both.

GENEALOGY

Historic Newspapers and Genealogical Research
Gail Reynolds
“Extra, Extra, Read All About It!” This genealogy course will focus on utilizing historic newspapers to take your genealogical research beyond just the basic information about your ancestors. While finding census records, vital records, military records and land records will give you the "bare bones" of your genealogical research, newspapers will bring your ancestors to life. This course will assist you in finding news accounts of your ancestors exploits. 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.

Using Google for Family History Research
Gail Reynolds
Have you been researching your family using genealogy websites and experiencing frustration because you can’t find the information on your family history? It’s time to look "outside the genealogy box." This course is designed for genealogists who wish to use Google resources for genealogical applications. Participants will explore search engine basics and advanced search techniques, image search, Google books, news, patents, Google translate, YouTube and more. Bring your own genealogical information to class for use in your online research. While examples used will relate to genealogy, this course will also assist people who want to use Google for any type of research.

HEALTH AND WELLNESS

Beauty and Fitness Tips for the Everyday Life Style
Chair Yoga
Linda Shultz
Chair yoga is great for everyone whether you are recovering from an injury, just starting out or want to try something different. You will notice an increase in flexibility, balance and even some toning and newfound strength. All this while sitting in a chair or holding on to it. There are many modifications for everything we do, so come and give it a try. Students need a thin yoga mat; the instructor has some available for purchase for $10 to $12.

Healthy Aging and Vibrant Health for the Prime Time of Our Lives
Daphne Trent
This class will give you tips on healthy aging, lifestyle, exercise, attitude and nutrition and tips to reduce inflammation and other risk factors for disease. Materials fee: $15 to $25, payable to the instructor on the first day of class. Optional tours after the course could include a grocery store tour and more.

Let’s Slow Down Aging and Have Vibrant Health for the “Prime Time of Your Lives”
Daphne Trent
This four-week class will give attendees tips on healthy aging including discussing how lifestyle, exercise, attitude and nutrition play a vital part in the aging process. We will discuss how reducing inflammation is one of the key factors to better health. We will talk about ways to have more energy, reducing stress and how nutrition is key to better health and longevity. Required text is a book can be put on Kindle or Audible; materials fee: $15 to $25, payable to the instructor on the first day of class.

Stretch and Strengthen Yoga
Amanda Masterpaul
This class is a well-balanced mix of easeful movement and classic yoga postures integrated with focused breathing and relaxation practices to leave you feeling blissful and ready for your day. Students need yoga mats; please bring water.

Yoga Stretch
Linda Shultz
This is mat yoga taken at a slower pace so you can learn to do poses properly and without injury. Modifications will be available for all poses. This is a great class for anyone interested in gentle stretching, toning and increased balance. Students need a yoga mat and sticky socks unless they intend to go barefoot.
Zumba 101, Gold
Linda Shultz
This course is a party-like dance class where you will be exercising without knowing it. Steps will be explained so everyone will be able to enjoy. Zumba Gold is easy on your joints. Rhythms from around the world are incorporated with easy to follow choreography. Appropriate for all levels and ages. Students need to wear comfortable clothes and sneakers.

Zumba Gold Fiesta
Luz Greene
Zumba is a dance fitness workout that incorporates Latin and other international music and dance movements, creating a dynamic, exciting and effective fitness program. A Zumba class has a party- or fiesta-like atmosphere. Students are welcome to rest and drink water at any time.

Zumba Gold Toning
Barbara Melenik
Zumba Gold is a series of fitness programs specifically designed to take the international dance rhythms created in the original Zumba program and bring them to the active older adult, the beginner participant, and other populations that may need modifications for success. This Latin-inspired dance fitness includes salsa, merengue, tango, flamenco and belly dance. Guidelines guarantee to provide the participant with a safe and effective total-body workout. Zumba Gold creates a party-like atmosphere. Toning sticks are one pound each. This allows for innovative muscle toning. Toning sticks may be purchased for $19 and are yours to keep. You may also find them in a few retail stores or online.

Foodways of Southeastern Native Americans in the Mississippian Period
Janet Obenshain
Explore the foodways of Southeastern Native American from 1000 C.E.-1500 C.E. when Europeans began to impact Native American civilizations. Areas to be explored include types of foods consumed, methods of food preparation, storage and preservation and the impact of dietary changes. The session will include a food sampling. Materials fee: $5, payable to the instructor at the beginning of the first class.

Smartphone Basics
Dan Snyder
Hello, Operator? The five week course will go over all the basic functions and information one needs to understand with smart phones. This five-week course will be held Wednesday evenings for two hours a session. The first half of class is demonstration on the basic smartphone usage, while the second half is open for your questions. After taking this course, users will be familiarized on how to operate their smartphone efficiently, they even might impress their children with their new skills. Students need their own smartphone. The course is Android based but will work for iPhone basic usage as well.

Windows Basics Level 1
Angela O’Sullivan
Students will lay a foundation in Windows – hands-on with plenty of handouts. This is an appropriately-paced class offered twice a week for the absolute beginner or those wishing to enhance their limited knowledge. Using the Windows 10 operating system we will cover terminology, techniques and navigation, and basic editing (format/edit/save) in WordPad and Paint. Bringing a mouse is optional. All should bring a USB thumb drive by the third lesson.

Windows Basics Level 2
Angela O’Sullivan
Using the Windows 10 operating system, and building on skills developed in Windows Basics Level 1, students will advance their editing and multi-tasking skills using WordPad and Paint. Emphasis will be placed on sound file management techniques. Find missing files and apps. Create shortcuts to favorite apps. Bringing a mouse is optional. All should bring a USB thumb drive.

Advanced Conversational Spanish
Luz Greene
This course helps students acquire intermediate fluency in spoken Spanish with colloquial usage. Students hold conversations and write short compositions about vacations and current events. Required text: “Read and Think Spanish,” premium third edition, by the editors of “Think Spanish” magazine.

Basic Conversational Spanish (Conway)
Luz Greene
This course introduces students to basic vocabulary and fundamental sentence structure. Aural grammar and reading comprehension is developed. Required text: “Easy Spanish Step-by-Step,” by Barbara Bregstein.

Basic and Intermediate Spanish with Pictures (Litchfield)
Luz Green
The course reviews Spanish grammar, idioms and vocabulary for everyday use. This course is for travelers and workplace. The course is highlighted by intense small readings and discussions of Spanish and Spanish American Literature. Required text: “Easy Spanish Step-by-Step,” by Barbara Bregstein.

Intermediate Conversational Spanish
Luz Greene
This course helps students acquire intermediate fluency in spoken Spanish with natural colloquial usage. Students hold simple conversations and write short compositions about vacation and current events. Required text: “Spanish Vocabulary,” second or third edition, by Dorothy Richmond.

Italian for Beginners
Jerry Frontiero
Each class will include skill-building exercises designed for beginners to learn Italian rules of pronunciation and grammar as well as learning how to politely ask for directions and order food when speaking Italian. Class handouts and texts will build a rich Italian vocabulary. Many different methods will be applied to teach the Italian language including reading, watching movie clips, listening to songs and interpreting lyrics. This is an excellent learning opportunity if you want to exercise your mental agility. Required texts: “Italian in 10 Minutes a Day” by Kristine K. Kershal and “Learn Italian the Fast and Fun Way” by Marcel Danesi.

NATURE, ENVIRONMENT AND SCIENCE

Prehistoric Technology: Flintknapping
Carolyn Dillian
Learn how prehistoric people made and used stone tools with hands-on instruction in flintknapping and archaeological stone tool analysis. You must wear long pants and closed-toed shoes to participate in making a stone tool. Gloves (gardening gloves) are optional.

The Secret Life of Seashells
Sue Ann Whittick
While you find seashells all along our beaches and see them in shops, do you know what they are really for? In this class, you’ll watch two short videos about shells and the animals that live in them. You will also have the opportunity to look at books about shells and see shells from many beaches. If you have shells you would like to have identified, please bring them.

PERSONAL GROWTH AND SKILLS

AARP Driver Safety Program
Judy Chamberlain, Ralph Edwards and Valerie Jones-Wright
This four-hour course teaches valuable defensive driving skills and provides a refresher in the rules of the road. The course was designed for mature drivers; however, all drivers older than 26 can participate. S.C. law mandates that persons who attend this four-hour Driver Safety course will receive a discount off their auto insurance in S.C. (other states need to check with their auto insurance agency), for three years. 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.

Advanced Golf Swing: Ball Striking Master Class
Tom Saguto
Designed for advanced golfers with mid to low handicaps (15 or lower), this course will cover in-depth the ball striking techniques currently employed by the best in the game today. Students can expect to learn how to control their ball flight (height and curve), have a masterful control of their contact, and understand their swing on a deeper level. Students must have their own golf clubs; notepad for taking notes is optional; class is offered at the Litchfield Country Club.

Golf Swing Simplified: Body-Friendly Golf
Tom Saguto
A three-week, six-hour course for you to learn about one of the simplest and most effortless ways to swing the golf club while increasing power and accuracy. Eliminate the guesswork with your golf game and learn the WHY behind all of your shots. Establish consistency, have more fun and learn to golf the body-friendly way. Class is made up of three segments: full swing, short game and mental game and strategy. The course is structured for you to play your best golf this year! All skill levels are welcome; some students have improved their score by as much as 12 shots after taking this class. 100 percent of students notice zero swing-related pain and golfers with chronic pain notice a significant
Students must have their own golf clubs; class is offered at the Litchfield Country Club.

Golf Swing Simplified: General Golf Improvement Class
Tom Saguto
A highly simplified golf course designed for golfers of all skill levels (including complete beginners) to improve a variety of their golf skills in a pressure free setting. Class topics include: full swing basics, chipping and pitching, putting and bunker play.

How to Survive Sexism in Our Society
Regina Abraham
How to Survive Sexism in Our Society, R. Abraham
What are the hazards of sexism, no matter your age?

OLLI CLUBS

All clubs are free to current OLLI members.

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. January 14, 2019 – “Educated: A Memoir” by Tara Westover. Ellen E. as facilitator
February 11, 2019 – “Faith” by Jennifer Haigh. Pat as facilitator

Book Club (Litchfield)
Anne Duncan
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.
1/28/19 “Swing Time” by Smith
2/25/19 “Under the Banner of Heaven: A Story of Violent Faith” by Krakauer
3/25/19 “Indigo Girl” by Boyd
4/22/19 “The Indifferent Stars Above” by Brown
5/20/19 “The Alphabet House” by Adler-Olsen

Classic Book Group (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.
1/3/19 “West with the Night” by Markham
2/7/19 “Go Tell it on the Mountain” by Baldwin
3/7/19 “Handmaid’s Tale” by Atwood
4/4/19 “A Sportsman’s Sketches” by Turgenev
5/2/19 “Their Eyes Were Watching God” by Hurston

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 never played we will work around this. If you have a mahjongg set please bring it. The logistics of play will be reviewed at the first meeting. Beginning players will be instructed.

Writers’ Club (Conway)
Betsy Haase
Improve your writing through constructive critique in a supportive environment. All members are given the opportunity to facilitate. In addition, each week we will explore the craft of writing with a mini-lesson on a topic chosen and presented by a member of the group.

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.