

Lou Walker Senior Center Schedule for 2012
Winter Session January 30 through March 23, 2012
Lifelong Learning

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Time	Course #	Class	Instructor	Note	Room	Req Reg
Monday						
9:00 - 10:50	L101	Loom Knitting	Jewels Gresham	Supplies Extra	A114	Y
9:00 - 10:50	L102	Beg. Soap Making Art	Lillie Mae Harris	Supply kit \$30	A101	Y
9:00 - 11:50	L103	Wire Wrap Jewelry Level 2	Linda Bryan	Supplies Fees Extra	A106	Y
10:00 - 12:50	L104	Doll Making	Ora Dabney	SuppliesExtra +\$20Fee	A125	Y
9:30 - 12:50	L105	Bridge Lovers Group	Dorothy Mayweather			
10:00 - 1:50	L106	Advanced Bridge	Delores Gordon	Card Experience Necessary	A123	Y
11:00 - 11:50	L107	Mellow Moments	Rochelle Evans	Stress Management	LIB	N
11:00 - 12:50	L108	Candle Making	Lillie Mae Harris	Supplies Extra \$30	A101	Y
12:00 - 12:50	L109	Advanced Writing Your Story	Estelle Ford-Williamson	Prerequisite	A114	Y
1:00 - 3:50	L110	Advanced Jewelry Club	Pat Aiken	Prerequisite	A124	Y
1:00 - 4:45	L111	Performing Arts Group	Gwen Thomas		F109 & A106	N
1:30 - 4:30	L112	Beg. Pottery Making	John Shultz	Supplies Extra	A101	Y
1:30 - 4:30	L113	Drama Club			A125	Y
Tuesday						
8:30 - 10:30	L114	Basics of Shooting Pool	Willie Bonner		A108	Y
9:00 - 9:50	L115	Spanish 1	Muriel Whittaker	Basic Spanish Required	A124	Y
9:00 - 10:50	L116	Beg Gothic Calligraphy	Carol Gray	Tools Extra	A101	Y
9:00 - 11:50	L117	Beg. Wire Wrap Jewelry	Linda Bryan	Supplies Fees Extra	A114	Y
10:00 - 10:50	L118	Spanish 2	Muriel Whittaker	*Preregistration Required	A124	Y
10:00 - 11:50	L119	Advanced Quilting	Karen Furnish	Fee \$20	A125	Y
10:00 - 11:50	L120	Semi Pro Greeting Cards	Mattie Driver	Supply Fee \$40	A106	Y
10:00 - 12:50	L121	Crochet By Numbers Level 2	Cola Turner	Prerequisite	A123	Y
12:00 - 12:50	L122	Basic Spanish for Beginners	Muriel Whittaker	Open for new students	A124	Y
12:00 - 2:50	L123	Creative Jewelry Making	Valerie Henderson	\$5 Plus Supply Fee	A106	Y
1:00 - 1:50	L124	PersonalDevelopmentForSeniors,	Francisco Hall		A101	N
New 1:00 - 2:50	L125	Interior Design with Janet	Janet Prioleau	Level 1	A114	Y
2:00 - 2:50	L126	Guitar 102	Wade Medlock	Prerequisite Guitar 101	F106	Y
New 2:00 - 3:50	L127	Writing Your Story	Estelle Ford Williamson	Prerequisite	A124	Y
3:00 - 4:50	L128	Designing Spaces	Janet Prioleau	Advanced	A114	Y
Wednesday						
9:00 - 10:50	L129	Handmade Greeting Cards	Julia Baker	Supply Fee \$35	A101	Y
10:00 - 11:50	L130	Acting 101 (Beginning)	Samuel Williams		A124	Y
10:00 - 11:50	L131	Romance From 50 to Forever	Rochelle Evans		A106	N
10:00 - 11:50	L132	Chess	Wayne Andrews		A114	Y
10:00 - 12:50	L133	Hat Making	Ora Dabney	SuppliesExtra +\$20Fee	A125	Y
11:00 - 12:50	L134	Home Repair & Maintenance	John Rhodes		A101	Y
12:00 - 12:50	L135	French	Sarah Howard		A106	Y
1:00 - 2:50	L136	African-American History	Ron Gilliam		A124	N
1:00 - 2:50	L137	Jazzy Bags (Sewing Exp Req)	Marilyn Franklin	Sewing Machine fee \$20	A125	Y
1:00 - 3:50	L138	Advanced Pottery	John Schultz	Supply Fee Varies	A101	Y
1:00 - 2:50	L139	BasicFloralDesign, Silk&Fresh	Lilieth Jones	Supply Fee \$48	A106	Y
Thursday						
8:30 - 10:30	L140	Basics of Shooting Pool	Willie Bonner		A108	Y
9:00 - 9:50	L141	Beginning Sign Language 2	Muriel Whittaker	Prerequisite	A101	Y
9:00 - 9:50	L142	Piano Basics			A124	Y
9:00 - 10:50	L143	Introduction to Jazz	Claiborne Gaines		A114	Y
10:00 - 12:50	L144	Intro. to Crochet by Numbers	Cola Turner	Level 1	A123	Y
10:00 - 10:50	L145	Piano Basics			A124	Y
10:00 - 11:50	L146	Semi Pro Greeting Cards	Mattie Driver	Supply Fee \$40	A106	Y
10:00 - 11:50	L147	Beginning Quilting	Karen Furnish	Fee \$20	A125	Y
10:00 - 11:50	L148	Basic Drawing & Painting	Samuel Williams		A101	Y
11:00 - 11:50	L149	Piano Theory and Performance			A124	Y
1:00 - 2:50	L150	Sudoku	Imogene Archer		A125	Y
2:00 - 2:50	L151	Advanced Spanish	Muriel Whittaker	*Preregistration Required	A114	Y
Friday						
9:00 - 11:50	L152	Beginners Sewing	Janice Johnson	Fee \$20, plus pattern	A125	Y
9:00 - 11:50	L153	Beg. Jewelry Making	Valerie Henderson	Fee \$5	A101	Y
9:00 - 10:50	L154	Semi Pro Greeting Cards	Mattie Driver	Supply Fee \$40	A106	Y
12:00 - 1:50	L155	Advanced Drapery Making	Gloria Williamson	Fee \$20	A125	Y
12:00 - 3:50	L156	Ceramics	Linda Crowley		A101	Y
1:00 - 3:50	L157	Oil Painting	Earnest Hopewell	Supply Fee\$10	A106	Y
2:00 - 4:50	L158	Chess Club	Mary Swinney	Perfect your Chess Skill	A114	N
2:00 - 4:50	L159	Beg. Drapery Making	Gloria Williamson	Fee \$20	A125	Y

Technology

2012

Time	Class	Instructor	Note	Room	Req Reg
Monday					
9:00 - 10:15	T101 Computer Basics II	Tracie Hawkins		A109	Y
10:30 - 11:45	T102 Computer Basics I	Tracie Hawkins	New Students Only	A109	Y
11:45 - 12:30	T103 Open Lab			A109	N
12:30 - 1:45	T104 Computer Basics I	Tracie Hawkins	Open for repeat enrollment		Y
2:00 - 3:15	T105 Social Media	Tracie Hawkins		A109	Y
3:15 - 4:45	T106 Open Lab			A109	N
Tuesday					
9:00 - 10:15	T107 Beginning Powerpoint	Tracie Hawkins	*See Note	A109	Y
10:30 - 11:45	T108 Beginning Internet	Tracie Hawkins	*See Note	A109	Y
12:00 - 1:15	T109 Beginning Typing	Alfredia Brown	*See Note	A109	Y
1:30 - 2:45	T110 Beginning Word	Alfredia Brown	*See Note	A109	Y
3:00 - 4:45	T111 Open Lab			A109	N
Wednesday					
9:00 - 10:15	T112 Computer Basics I	Tracie Hawkins	New Students Only	A109	Y
10:00 - 11:50	T113 Basic Digital Cameras	Barry Roosevelt		A123	Y
10:30 - 11:45	T114 Advanced Excel	Guy Anderson		A109	Y
12:00 - 1:50	T115 Transform Photos to Video with Music, Instructor	Barry Roosevelt		A109	Y
2:00 - 3:30	T116 Closed for special use			A109	X
3:45 - 4:45	T117 Open Lab			A109	N
Thursday					
9:00 - 10:15	T118 Beginning Excel	Tracie Hawkins	*See Note	A109	Y
10:30 - 11:45	T119 Advanced Typing	Alfredia Brown	*See Note	A109	Y
12:00 - 1:15	T120 Advanced Word	Alfredia Brown	*See Note	A109	Y
1:30 - 2:45	T121 4 Week Intro to Computers	Linda Gonzales		A109	Y
3:00 - 4:45	T122 Open Lab			A109	N
Friday					
8:30 - 9:45	T123 Computer Basics II Lab				
9:00 - 11:00	T124 Advanced Digital Photography	Bob GlickSmith	*Prereg. \$40	A124	Y
10:00 - 11:50	T125 Your Computer Hardware	Earle Fredrick	Computer Hardwa	A114	Y
11:00 - 12:50	T126 Transform Photos to Video with Music, Instructor	Barry Roosevelt		A109	Y
1:00 - 2:50	T127 Inter. Digital Photography	Bob GlickSmith	*Prereg. \$40Full	A124	Y
	T128 Inter.Digital Photography Continued: Open to new students in Spring Session				
1:30 - 3:30	T129 CDs, Ipods, Cell, Cameras	Guy Anderson		A109	Y
3:45 - 4:45	T130 Open Lab			A109	N

New

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Schedule subject to change without notice

***Note: Repeat students may sign up as an alternate only.**
 You may not repeat a class except as an alternate when space is available.

Note: Schedule is subject to change without notice

Fitness And Safety

2012

Time	Course #	Class	Instructor	Note	Room	Req Reg
Monday						
8:30 - 5:00	F101	Fitness Center Open		Tread Mills, Bicycles, Etc.	F108	N
8:30 - 5:00	F102	Individual Walking	Tyrone Bailey	Earn points		N
8:30 - 9:30	F103	Walking with Tyrone	Tyrone Bailey			N
8:30 - 9:30	F104	YOGA (Beginning)	Karen Drake		F106	N
8:30 - 9:30	F105	YOGA (Advanced)	Lorna Lindsey		Victory	N
9:00 - 11:00	F106	Bicycle Club	Senella Watson	Arabia Mountain		Y
9:30 - 10:30	F107	Tai Chi	Adelina San Juan		F106	N
10:00 - 11:00	F108	Tae Kwon Do	Frank Crawford		F109	Y
10:30 - 11:30	F109	Low Impact Aerobics	Laura Agle		F106	N
11:00 - 12:00	F110	Self Defense	Frank Crawford		F109	Y
11:30 - 12:30	F111	Walking with Tyrone	Tyrone Bailey	Earn points		N
1:30 - 2:30	F112	Chair Aerobics	Tyrone Bailey		F106	N
2:30 - 3:30	F113	Walking with Tyrone	Tyrone Bailey	Earn points		N
Tuesday						
8:30 - 5:00	F114	Fitness Center		Tread Mills, Bicycles, Etc.	F108	N
8:30 - 5:00	F115	Individual Walking	Tyrone Bailey	Earn points		N
8:30 - 9:30	F116	Healthy Moves for Arthritis	Tyrone Bailey		F106	N
9:30 - 10:30	F117	Pilates	Karen Drake		F106	N
10:00 - 11:00	F118	Line Dancing	Sylvia Bailey		Victory	N
10:00 - 12:00	F119	Tennis (Tue and Thur)	Ms. U. Woods	Dottie Bridges Park		Y
10:30 - 11:30	F120	Chair Aerobics	Tyrone Bailey		F106	N
11:30 - 12:30	F121	Walking with Tyrone	Tyrone Bailey	Earn points		N
12:30 - 1:30	F122	Low Impact Aerobics	Zsa Zsa Robinson		F106	N
2:00 - 3:00	F123	Hip Hop Line Dancing	Senella Watson		Victory	N
Wednesday						
8:30 - 5:00	F124	Fitness Center		Tread Mills, Bicycles, Etc.	F108	N
8:30 - 5:00	F125	Individual Walking	Tyrone Bailey	Earn points		N
8:30 - 5:00	F126	Walking with Tyrone	Tyrone Bailey	Earn points		N
8:30 - 9:30	F127	YOGA (Beginning)	Tyrone Bailey		F106	N
8:30 - 9:30	F128	YOGA (Advanced)	Lorna Lindsey		Victory	N
9:30 - 10:30	F129	Tai Chi Combo	Tyrone Bailey		F106	N
10:00 - 11:00	F130	Tae Kwon Do	Frank Crawford		F109	Y
10:30 - 11:30	F131	Low Impact Aerobics	Tyrone Bailey		F106	N
10:30 - 11:30	F132	Zumba Gold Dance	Anita & Lorna		Victory	N
11:00 - 12:00	F133	Self Defense	Frank Crawford		F109	Y
11:30 - 12:30	F134	Strength Training	Anita Adams		F106	N
1:00 - 2:50	F135	Ballet, Modern, & Liturgical	Dance Movements	Inst Samuel Williams	F109	Y
1:30 - 2:30	F136	Chair Aerobics	Tyrone Bailey		F106	N
1:30 - 2:30	F137	Line Dancing	Sylvia Bailey		Victory	N
2:30 - 4:30	F138	Arabia Mountain Walking	Tyrone Bailey	Earn points		N
Thursday						
8:30 - 5:00	F139	Fitness Center		Tread Mills, Bicycles, Etc.	F108	N
8:30 - 5:00	F140	Individual Walking	Tyrone Bailey	Earn points		N
7:30 - 9:30	F141	Tennis (Tue and Thur)	Ms. U. Woods	Dottie Bridges Park		Y
8:30 - 9:30	F142	Walking with Tyrone	Tyrone Bailey	Earn points		N
8:30 - 9:30	F143	Seniorcise or Arthritis	Danielle Cunningham		F106	N
9:30 - 10:30	F144	Chair Aerobics	Tyrone Bailey		F106	N
10:00 - 11:00	F145	Line Dancing	Sylvia Bailey		Victory	N
10:30 - 11:30	F146	Dynamic Abs	Tyrone Bailey		F106	N
11:30 - 12:30	F147	African-Caribbean Dance	Yvonne Eversley		F106	Y
Friday						
8:30 - 5:00	F148	Fitness Center		Tread Mills, Bicycles, Etc.	F108	N
8:30 - 5:00	F149	Individual Walking	Tyrone Bailey	Earn points		N
8:30 - 9:30	F150	Walking with Tyrone	Tyrone Bailey	Earn points		N
8:30 - 9:30	F151	Belly Dancing	Faaridah		F106	Y
9:30 - 10:30	F152	Chair Aerobics	Tyrone Bailey		F106	N
10:00 - 11:00	F153	Line Dancing Troup	JD Hall		Victory	N
10:00 - 12:00	F154	Golf	Geo Rabbit Anderson	Little Mountain Golf Course		Y
10:30 - 11:30	F155	Low Impact Aerobics	Anita Adams		F106	N
11:30 - 12:30	F156	Walking with Tyrone	Tyrone Bailey	Earn points		N
12:30 - 1:30	F157	Beginning Line Dancing	Ruth Mayo		F106	Y
12:00 - 1:00	F158	J D's line dance practice	J. D. Hall	Super Trouper	F109	N
2:00 - 3:00	F159	Hip Hop Line Dancing	Senella Watson		F106	Y
2:30 - 4:30	F160	Arabia Mountain Walking	Tyrone Bailey	Earn points		N

Aquatics Classes

2012

	Time	Course #	Class	Instructor	Note		Req Reg
	Monday						
	8:30 -- 9:10	A101	Open Exercise	Lifeguard on duty			N
	9:15 -- 10:00	A102	Advanced Water Fitness	Aya Wynn			Y
	10:15 -- 11:00	A103	Intermediate Water Fitness	Aya Wynn			Y
New	11:15 -- 12:00	A104	Arthritis Foundation Aquatics	Mary Davis			Y
New	12:15 -- 1:00	A105	Tai Chi For Arthritis	Warren St. James			Y
	1:15 -- 2:00	A106	Beginning Swim Lessons	Warren St. James			Y
	2:15 -- 3:00	A107	Intermediate Swim Lessons	Warren St. James			Y
	3:15 -- 4:00	A108	Multi-Level Water Fitness	TBA			N
	4:00 -- 4:50	A109	Open Exercise	Lifeguard on duty			N
	Tuesday						
	8:30 -- 9:10	A110	Open Exercise	Lifeguard on duty			N
New	9:15 -- 10:00	A111	Aqua Zumba	TBA			N
	10:15 -- 11:00	A112	Advanced Water Fitness	Vinetae Wynn			Y
	11:15 -- 12:00	A113	Arthritis Foundation Aquatics	Aya Wynn			Y
New	12:15 -- 1:00	A114	Tai Chi For Arthritis	Aya Wynn			Y
	1:15 -- 2:00	A115	Beginner Volleyball	Beverly Wadley			Y
	2:15 -- 3:00	A116	Advanced Water Volleyball	Beverly Wadley			Y
	3:15 -- 4:00	A117	Advanced Water Volleyball	Beverly Wadley			Y
	4:00 -- 4:50	A118	Open Exercise	Lifeguard on duty			N
	Wednesday						
	8:30 -- 9:10	A101	Open Exercise	Lifeguard on duty			N
	9:15 -- 10:00	A102	Advanced Water Fitness	Aya Wynn			Y
	10:15 -- 11:00	A103	Intermediate Water Fitness	Aya Wynn			Y
New	11:15 -- 12:00	A104	Arthritis Foundation Aquatic	Mary Davis			Y
New	12:15 -- 1:00	A105	Tai Chi For Arthritis	Warren St. James			Y
	1:15 -- 2:00	A106	Beginning Swim Lessons	Warren St. James			Y
	2:15 -- 3:00	A107	Intermediate Swim Lessons	Warren St. James			Y
	3:15 -- 4:00	A108	Multi-Level Water Fitness	TBA			N
	4:00 -- 4:50	A109	Open Exercise	Lifeguard on duty			N
	Thursday						
	8:30 -- 9:10	A110	Open Exercise	Lifeguard on duty			N
New	9:15 -- 10:00	A111	Aqua Zumba	TBA			N
	10:15 -- 11:00	A112	Advanced Water Fitness	Vinetae Wynn			Y
	11:15 -- 12:00	A113	Arthritis Foundation Aquatics	Aya Wynn			Y
New	12:15 -- 1:00	A114	Tai Chi For Arthritis	Aya Wynn			Y
	1:15 -- 2:00	A115	Beginner Water Volleyball	Beverly Wadley			Y
	2:15 -- 3:00	A116	Advanced Water Volleyball	Beverly Wadley			Y
	3:15 -- 4:00	A117	Advanced Water Volleyball	Beverly Wadley			Y
	4:00 -- 4:50	A118	Open Exercise	Lifeguard on duty			N
	Friday						
	10:00 -- 10:55	A137	Open Water Exercise for LWSC	Lifeguard on duty			N
	11:00 -- 12:00	A138	Outside Senior Centers Class	Combined from all outside centers			Y
	12:00 -- 1:00	A139	Open Water Exercise for LWSC	Lifeguard on duty			N

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NEW! Tai Chi Classes for Arthritis

Tai Chi is an ancient Chinese exercise form which is most effective for physical and mental well-being.

Tai Chi consists of fluid, gentle, graceful and circular movements that are relaxed and slow in tempo.

Breathing is deepened and slowed, aiding visual and mental concentration.

The body relaxes, allowing the life force of "Qi" (energy inside the body) to flow unimpeded throughout the body

These techniques help integrate mind and body into a harmonious inner and outer self.

A person living in harmony is more likely to be happy, fulfilled and healthy.

NEW! Aqua Zumba Classes for Arthritis

This Specialty class is the "pool party" workout for all ages. You will learn how to include strong, dynamic fitness moves with a variety of fun styles of dancing for an effective and challenging water-based workouts.

The routines are easy to follow by including the Zumba formula and philosophy into traditional aqua fitness disciplines.

You will find this class to be so much fun, it is often described as "Exercise in Disguise"!