

SENIOR *Classes* JANUARY–FEBRUARY 2020

Registration Opens
DECEMBER 5

ACRYLIC PAINTING

We will learn to see the beauty around us and release our creativity! This class is designed to equip students with the skills to paint effortlessly and with confidence. We will learn about techniques, composition, value, and color theory. We will also focus on brushstrokes, perspective and the elements of design. We will apply the concepts learned to landscapes, seascapes, and still life paintings. Supply list available at time of registration.

Location: Brentwood Senior Activity Center (Classroom)

CLASS#	DAYS	DATES	TIME	REG FEE
3614	M	1/6–3/9	9:00am–12:00pm	\$75
3616	TH	1/16–3/5	9:00am–12:00pm	\$75
3615	M	3/23–5/18	9:00am–12:00pm	\$75
3617	TH	3/26–5/14	9:00am–12:00pm	\$75

BEGINNER WATERCOLOR PAINTING

Come and enjoy the beauty of watercolor! This is an introductory class to discover the different elements of watercolor paints. We will explore paints, brushes, paper, and a variety of techniques to create beautiful landscapes, seascapes, abstracts, and still life paintings. We will also explore washes, color theory, composition, value, and texture. Supply list available at time of registration.

Location: Brentwood Senior Activity Center (Classroom)

CLASS#	DAYS	DATES	TIME	REG FEE
3641	F	1/17–3/13	12:30pm–2:30pm	\$65
3618	F	3/27–5/22	12:30pm–2:30pm	\$65

INTERMEDIATE WATERCOLOR PAINTING

Discover the intricacies of watercolor! We will explore inspirational artists, learn about the elements of paints, brushes, and a variety of paper. We will cover composition, value, and the elements of art to create beautiful landscapes and still life paintings. Supply list available at time of registration.

Location: Brentwood Senior Activity Center (Classroom)

CLASS#	DAYS	DATES	TIME	REG FEE
3619	F	1/17–3/13	9:30am–12:30pm	\$75
3620	F	3/27–5/22	9:30am–12:30pm	\$75

CAREGIVER STRESS MANAGEMENT **NEW!**

If you regularly take care of others this class is for you! Come learn the signs and symptoms of burnout, strategies to cope and prevent it, and where to seek help if and when necessary.

Location: Brentwood Senior Activity Center (Classroom)

CLASS#	DAYS	DATES	TIME	REG FEE
3650	TH	1/16–3/5	7:00pm–8:00pm	\$55
3651	TH	4/2–5/21	7:00pm–8:00pm	\$55

PREMIERS EXERCISE PROGRAM

This popular “Grow Younger Fitness” Class will help improve your fitness as you age. It offers stretching, light weights, strength training and most important, balance exercises to help with preventing falls. Please bring a mat and light weights.

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3610	M/W/F	1/6–3/6	10:00am–11:30am	\$50
3611	M/W/F	3/30–5/29	10:00am–11:30am	\$50

PREMIERS FITNESS 2

Get your day started with an energizing exercise class. This class is designed for the motivated, light-hearted senior who wants to improve balance, flexibility and strength. Please bring a mat and light weights.

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3612	T/F	1/14–3/6	8:30am–9:30am	\$45
3613	T/F	3/24–5/15	8:30am–9:30am	\$45

GENTLE YOGA

This fun and supportive class is for everyone. We'll explore yoga poses to increase your flexibility, tone your body, and improve your breathing and balance. Please bring a yoga mat and sturdy blanket.

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3606	M	1/6–3/9	8:30am–9:30am	\$50
3608	W	1/8–3/4	8:30am–9:30am	\$50
3607	M	3/23–5/18	8:30am–9:30am	\$50
3609	W	3/25–5/13	8:30am–9:30am	\$50

SQUARE DANCING BASIC I

This modern square dance class is all about fun, fitness, and friendship set to music. These beginning classes will introduce participants to the basic moves. No special clothing or partner is required and is open to all abilities and ages, 8-80+.

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3632	W	2/12–4/1	7:00pm–8:00pm	\$50

SQUARE DANCING - BASIC II **NEW!**

Square Dancing Basic I is a prerequisite for Basic II. This class reviews the moves previously learned in Basic I and adds new calls to expand your skills in preparation for club dancing and nearby beginner hoedowns.

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3633	W	4/8–5/27	7:00pm–8:00pm	\$50

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BALLROOM SAMPLER **NEW!**

Ballroom Sampler is an introductory class that will feature two ballroom dances, which are Waltz and Cha Cha. It's never too late to start learning how to dance. No experience necessary! Sign up as a couple or single and come ready to learn and have some fun.

Location: Brentwood Community Center (MPR)

CLASS#	DAYS	DATES	TIME	REG FEE
3644	F	1/10–3/6	7:00pm–8:30pm	\$205/couple \$125/single
3645	F	3/27–5/29	7:00pm–8:30pm	\$205/couple \$125/single

BUNCO NIGHT

\$5 gets you 2 1/2 hours of fun, cash prizes and treats! If you can throw the dice, talk to people, and move from table to table, this game is for you. **All participants must register by Tuesday, January 14th or March 17th.** \$5 fee is paid at the door during check-in. Water, soda, and coffee will be provided. *Registration is required.*

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3630	TH	1/16	6:30pm–9:00pm	\$5 @ door
3631	TH	3/19	6:30pm–9:00pm	\$5 @ door

THE "OLDIES BUT GOODIES" (OBG) PROGRAM

This program is specifically designed to offer fun, easy activities and socialization for the frail elderly or adults. Active seniors are also welcome to enjoy crafts, socializing, and helping other seniors. Class includes weekly arts and crafts projects, music, field trips, guest speakers, bingo, parties and more.

Location: Brentwood Senior Activity Center (Classroom)

CLASS#	DAYS	DATES	TIME	REG FEE
3661	W/TH	1/8–3/12	1:00pm–4:00pm	\$5

TAI CHI

Tai Chi is an internal Chinese martial art that focuses on mental and spiritual aspects integrated into movement. The benefits for seniors are incredible, especially for improving balance. If you are looking for a low-impact, relaxing form of exercise that will help improve your balance, Tai Chi is for you.

Location: Brentwood Senior Activity Center (Main Hall)

CLASS#	DAYS	DATES	TIME	REG FEE
3626	T	12/3–2/4	10:00am–11:00am	\$10
3627	TH	12/5–1/30	11:30am–12:30pm	\$10

Registration form

Last Name: _____ First Name: _____

Address: _____ City: _____

Home Phone: _____ Cell Phone: _____

Email: _____ DOB: _____

Emergency Contact/Phone: _____

3 EASY WAYS TO PAY

- WALK-IN** to either BRENTWOOD SENIOR ACTIVITY CENTER, 193 GRIFFITH LANE or BRENTWOOD COMMUNITY CENTER, 35 OAK STREET.
- ONLINE** at BRENTWOODCA.GOV/ONLINEREGISTRATION
- MAIL-IN** to BRENTWOOD COMMUNITY CENTER, 35 OAK ST, BRENTWOOD, CA 94513

Full payment is due at the time of enrollment, by either CASH, CHECK/MONEY ORDER (payable to City of Brentwood) or CREDIT CARD (Visa, MasterCard, American Express or Discover accepted).