



SPRING 2010 PROGRAM CALENDAR

KNITTING BOARD KNITTING

Monday May 3 6:-8:30 pm

Instructor: Kady Dineen

A knitting board is a hand knitting tool that creates a double knit fabric. The knitting board is very versatile. The projects you can create are endless: Sweaters, Scarves, hats, afghans, baby items. Bring your own bulky or super bulky yarn. Class suitable for ages 8 to adult. **\$35.00/class and \$25.00 for knitting board.**

CROCHETING

Monday May 17 6:-8:30 pm

Instructor: Kady Dineen

Come learn the basic process of creating fabric from yarn or thread using a hook. Crocheting, similar to knitting consists of pulling loops of yarn through other loops. Crochet differs from knitting in that only one loop is active at one time Popular crocheted items include: scarves, hats, and table linens. This class suitable for ages 8 to adult. **\$35.00/class and \$10.00 materials fee.**

MARTIAL ARTS

Every Tuesday 6:30-8:30 pm

Instructor: Ron Glasser

These classes include instruction in the Jeet Kune Do style developed by Bruce Lee, Kendo Sword and Bo Staff. Mr. Glasser has been a Martial Arts instructor for over 30 years. **\$20.00/class.**

WATERCOLOR PAINTING

Wednesday 5/5, 5/12, 5/19, 5/26, & 6/2 6-8:00 pm

Instructor: Kady Dineen

Ms. Dineen has a BA in Art specializing in painting, sculpting and photography. Visit www.katherinedineen.com to see her amazing wildlife paintings. **\$150.00/ 5 week course and \$45.00 materials fee.**

SAWDUST WRITERS' GROUP

Third Thursday of the month 7:00-9:30 pm 4/15, 5/20, 6/17

Monthly sessions for fledgling and experienced writers to use to get creative juices flowing, get feedback from someone other than the computer screen, bounce ideas around and have a good time with other local would be and published authors, publishers, editors, graphic artists, etc. The opportunities are what the group makes them. **'Coffee can' contribution for the lights and snacks.**

HATHA YOGA

Every Thursday at 6:30 pm

Instructor: Daniel Micah

Daniel Micah is a certified sivananda instructor under Swami Vishnu-Devananda, founder of the International Sivananda Yoga Vedanta Centers. Come to learn relaxation through development of strength and flexibility in body, mind and spirit. Classes are open to all from beginners to advanced. **\$40.00 / four classes or drop in rate of \$12.00 per class. Call: 617-894-5041 to register or for more information.**

MEDITATION AND RELAXATION

Call to schedule individual sessions with the instructor

Instructor: Ron Glasser

Mr. Glasser is the author of "Quieting Your Mind", the first in a series of books on the ultimate use of your mind. This book is based on the classes where the essentials of thought techniques and practices book include direct thought, physical relaxation, types of quieting for particular purposes and waking practices to prepare you for quieting. Quieting is used for both mental and physical stress relief and balance. A complete, no nonsense course that works. **\$20.00/ private session**

DISCOVERY HALL IS SEEKING NEW INSTRUCTORS and CLASSES. CALL 272-4766

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.

Call 272-4766 for more information or to register.