

New! Canvases can be purchased at the Oak View Center for all Art classes. We have 2 sizes available. 11x14 canvases will be available for \$5, and 16x20 canvases will be \$7. Please note: Canvases can only be purchased during Oak View front desk office hours.

Private Art Lessons (Age: 10 & up)

Private Art lessons consist of a total of 6 hours of private instruction per course session spread throughout four 1.5 hour sessions. Enjoy one-on-one instruction with our award winning art instructor in our newly renovated art room. These lessons are geared for the beginner or for those with minimal experience. Relax and work stress free at your own pace. Choose from one of the following sessions: Learn to Draw, Beginning Acrylic Painting, Introduction to Watercolor, Abstract Acrylic Painting, and Easy Portrait Drawing. Canvases are required for the Beginning Acrylic Painting & Abstract Acrylic Painting sessions. Canvases can be purchased at the Oak View front desk during operating hours, or students can bring their own to their lessons. Sessions are individually arranged with the instructor. Participants that are interested in these private art lessons must fill out a request form at the Oak View Center. Our art instructor will contact you and set-up a schedule for your lessons after the request is received. If you have any questions or would like more information about our new private art lessons, please contact the Oak View Center at 708-857-2200. All materials will be provided, except for canvases. **PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Res/NR: \$170

Watercolor Workshops (Age: 16 & up)

In each workshop you will learn the techniques for creating a simple, yet beautiful watercolor painting. Our art teacher will provide instruction to ensure you enjoy your painting experience! All materials will be supplied. Create a unique watercolor painting to display or give as a gift! These simple techniques can also be used to create your own personalized note cards. Difficulty level – Beginner to Intermediate. **PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR	Theme
228119-01	F	9/08	10:30A-12:00P	\$20	Flowers
228119-02	F	10/27	10:30A-12:00P	\$20	Pumpkins/Gourds
228119-03	F	11/03	10:30A-12:00P	\$20	Birds

New! Meditative Art Painting (Age: 16 & up)

Join us after lunch and paint a beautiful Acrylic Dotillism painting. This class is taught by our Meditation/Art instructor. Learn easy and effective stress reducing techniques, and begin each class with a calming relaxation/meditation. Work at your own pace, focusing in quiet contemplation. Try out this effective and relaxing form of active meditation. No artistic ability is necessary to participate in this class. Brief how-to instructions and examples will be given at first class. Bring a friend and share in the benefits together. We supply all materials. **No class 10/17.** **PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
228110-01	Tu	9/12-10/24	12:30-1:45P	\$55/\$64
228110-01	Tu	11/07-12/12	12:30-1:45P	\$55/\$64



Artistic Endeavors (Age: 16 & up)

Has it been a while since you dabbled in art? Are you interested in trying, but feel a lack of confidence? Discover your inner artist in our relaxing & inspiring art program for adults. Bring an idea, share an idea, get inspired by others & have fun! Use pastels, charcoal, colored pencils, acrylic, watercolor, ink, tempera paints, or work with air dry clay and create your own unique art! Individual attention and instruction are the hallmarks of this class. This is not a pre-determined project class. Project ideas and selection are student's choice, however, we do have ideas and examples available if you get stuck! All materials supplied- except if you choose to work on canvases. **No class 10/17.** **PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
228120-01	Tu	9/12-10/24	11:00A-12:30P	\$75/\$84
228120-01	Tu	11/07-12/12	11:00A-12:30P	\$75/\$84

The Art of Acrylic Painting (Age: 16 & up)

Would like to try your hand at painting in Acrylic? Acrylic painting does not require the use of solvents or additional additives and is inexpensive to work in. This course is both basic and comprehensive. We will provide a master painting to work from, with step-by-step instruction, or you can choose to work from photographs or replicate a painting from the past. Learn basic and advanced composition skills, master the art of color theory & mixing, and learn about balance and proportion. Our goal is to introduce you to the fascinating world of painting, and encourage you to enhance your life through art. No previous experience is necessary to participate in these classes. All materials are supplied- except canvases. Canvases can be purchased at the Oak View Front Desk during office hours (M-F 9am-5pm), or students can bring their own 16x20 canvas. **No class 11/24.** **PDNA** (ms)

Location: Oak View Center

Instructor: Laurie Snaer

Code	Days	Date	Time	Res/NR
228104-01	F	9/15-10/13	10:30A-12:00P	\$63/\$70
228104-03	F	11/10-12/15	10:30A-12:00P	\$63/\$70

Yoga to Transform Trauma: Circle of Hope: A Peer-Support Group + Yoga Class for Those Affected by Trauma

Circle of Hope classes are confidential classes that marry a peer-support, group sharing experience with a trauma-informed yoga class that is specifically designed to be sensitive towards those individuals who have experienced trauma or have struggled with its effects. Teachers have been specially trained in trauma-sensitive yoga. This is for anyone directly impacted by trauma, as well as friends, family members or others that have been vicariously affected. For more information please go to mcgov-ernfitness.com or yogatotransformtrauma.org. Please feel free to join this program at any time during the session. **No class 9/20 & 10/18.** (ms)

Location: Oak View Center

Instructor: Sue McGovern, Certified Yoga Instructor & Personal Trainer

Code	Day	Dates	Time	Res/NR
207236-01	W	9/06-12/20	6:30-8:15P	Free

HeartSaver CPR (Age: 16 & up)

This course is designed for those non-professional healthcare providers who have a duty to respond to a cardiac emergency on the job. This course teaches you how to recognize an emergency. Adult, Child and infant CPR techniques are taught in addition to rescue techniques for choking victims. AED use will also be covered. Completion of this course gives a 2-year certification in accordance with the American Heart Associations guidelines. All participants will be issued a Heartsaver Student Workbook and a certification card. (mc)

Location: Administration

Code	Day	Dates	Time	Res/NR
202011-01	Th	9/14	5:00-9:00P	\$61/\$78
202011-02	Th	9/21	5:00-9:00P	\$61/\$78
202011-03	Tu	10/10	5:00-9:00P	\$61/\$78
202011-04	Th	11/09	5:00-9:00P	\$61/\$78