

CLASSES

All classes are at Gualala Arts Center unless indicated otherwise.
Check out the GualalaArts.org website for more details.

AEROBICS

Debbie Langwell: 884-5021

Mondays, Wednesdays, Fridays, Saturdays, at 8 a.m. Classes are \$8 each on a drop-in basis, or you can purchase a multiple-pass at a discount.

On Mondays and Fridays there are forty-five minutes of cardio, with a half-hour of stability training. On Wednesdays and Saturdays the classes consist of aerobic and strength training.

KARATE CLASSES FOR CHILDREN

Lini Lieberman-Erich: 785-2288

Classes will not meet in July and August, but resume in September on Tuesdays 4:15 – 5:15 p.m. Cost \$40 per month.

Tang Soo Do Martial Arts classes are for kids five years and up. Here they will learn discipline, respect, coordination, and gain self esteem.

LIFE DRAWING

Tom Warnock: 785-3668

Wednesdays, 3 – 6 p.m.

At these informal sessions artists bring their own supplies, and a model is provided for a small fee.

CERAMIC OPEN STUDIO

Jan Maria Chiappa: 884-3825

Wednesdays from 10 a.m. – 2:30 p.m.

Thursdays 6 – 9 p.m. Drop-In-Open Enrollment.

Members' Single Session \$20, or 6-Session Card for \$100. Non-members' Single Session: \$28.

Maximum: 8 students.

Clay, tools, and teaching support will be available. Try out that clay project you have wanted to make. Come with a friend for fun and laughter. All skill levels are invited. Bring a bag lunch; beverages will be provided. Call the office at 884-1138 to confirm the class.

One Dinner for Two Groups Saturday, July 11 at 6 p.m.

Calling all Swiss Trekkers! Calling all Dinners at Six members!

Put on your lederhosen and join us on Wednesday, July 11 for a Swiss Trek dinner. Even if you are not a member of Dinners at Six, you are welcome to join us for this special event. We are celebrating a uniquely Gualala Arts tradition. Come in your hiking attire or your favorite Swiss couture.

As a special treat Swiss Trekker Extraordinaire, Karel Metcalf, who took these photos, will lead a hike on Gualala Arts River Trail starting at 5:30 p.m. This hike will take approximately 30 minutes. Please be sure to



wear comfortable walking shoes. Be aware that there is some change in elevation. Meet Karel at the picnic area at 5:30. A short (under five minute) hike is also available for your trekking pleasure.

Lynne Edward's wonderful DVD of Swiss Trek 2006 will be shown during dinner.

The cost of attending the event is \$25 per person. Wine and beer will be offered with appetizers, however, please bring wine or beer to enjoy with dinner, or you can purchase beverages at the event.

Dinners at Six is another uniquely Gualala Arts tradition. Every year members are assigned to one of five groups. Each group produces one dinner for the entire Dinners at Six membership.

Contact Mary Austin at 785-2128, email maustin@mcn.org by July 1 if you wish to attend, or are interested in joining Dinners at Six.