

# SENIOR TUESDAYS

## AT THE GRAND



**MONTHLY:**  
**RESIDENTS: \$15**  
**NON-RES: \$18**  
**DROP IN:**  
**\$6**

### FEBRUARY 14, 21, 28

11:00 am - 12 pm: Tai Chi with Mary Ross

12:30 - 1:30 pm: Fused Glass with Carrie Van De Boom

### MARCH 14, 21, 28

11:00 am - 12 pm: Tai Chi with Mary Ross

12:30 - 1:30 pm: Drawing with Jason Del Rosario

### APRIL 11, 18, 25

11:00 am - 12 pm: Tai Chi with Mary Ross

12:30 - 1:30 pm: Ceramic Hand Building with Abraham Alvarez

### MAY 9, 16, 23

11:00 am - 12 pm: Tai Chi with Mary Ross

12:30 - 1:30 pm: Acrylic Painting with Vince Walsh



**ARTS**  
**EDUCATION**

GRAND THEATRE CENTER FOR THE ARTS  
715 Central Avenue in downtown Tracy, Ca  
atthegrand.org | 209.831.6276



## *Senior Tuesdays at the Grand*

Join the Arts Education Program on Tuesdays for movement, music, and art classes designed for adults ages 50 and up! Each month features new classes where participants can build on their skills each week. No experience needed.

### Schedule:

11:00 am - 12:00 pm Movement Class

12:00 pm - 12:30 pm Break & Light Hospitality

12:30 pm - 1:30 pm Visual Arts or Music Class

### **Movement Class:**

#### **Tai Chi – February through May**

Tai Chi helps reduce stress, increase relaxation, and improves balance. Students will learn a series of gentle fluid movements through challenging but gentle postures. This class is safe and easy to perform. It is suitable for all ages and adaptable for every fitness level.

### **Visual Arts Classes:**

#### **Fused Glass – February 14, 21, 28**

We'll cover basic techniques such as cutting and arranging pieces, frits, and powders. Students will create a small, fused glass piece each week such as a pendant, coaster, or small soap dish.

#### **Charcoal and Graphite Drawing – March 14, 21, 28**

Come learn the techniques of charcoal drawing as we create a new masterpiece each week. Students will work on their figure drawing, shading, and blending skills as they learn to become more expressive in their artwork.

#### **Ceramic Hand-Building – April 11, 18, 25**

Learn how to create Ceramics by hand building. The first two weeks students will be creating their ceramic projects. The third week will be designated to painting and glazing only.

#### **Acrylic Painting – May 9, 16, 23**

Explore this exciting introductory class in acrylic painting. Students will follow a step-by-step guide to painting that covers such techniques as brush stroke, color theory, scale, and composition.