



# SENIOR TUESDAYS

AT THE GRAND

11:00 AM — 1:30 PM

Monthly: \$18

Resident Discount: \$15

Drop In: \$6

**SEP. 9, 16, 23**

Tai Chi and Bottle Claywork

**OCT. 14, 21, 28**

Tai Chi and Painting

**NOV. 18, 25**

Tai Chi and Holiday Decor

**FEB. 10, 17, 24**

Tai Chi and Knitting



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 – September to February**

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:**

#### **Bottle Claywork – September 9, 16, 23**

Students will create their own 3D designs using paint and clay on a bottle of their choosing.

#### **Acrylic Painting – October 14, 21, 28**

Students will follow a step-by-step guide through the painting process. Each student will take home their masterpiece by the end of the session.

#### **Holiday Decor – November 18, 25**

Create a festive, personalized, holiday-themed piece of art to bring home by the end of the session.

#### **Acrylic Painting – February 10, 17, 24**

Join us in this beginner's guide to knitting. Students will learn knitting fundamentals, with step-by-step tutorials for each knitting stitch and technique.