

# NOVEMBER CLASS SCHEDULE



MONDAY		TUESDAY	
8:00 AEROBICS & WALKING CLUB	107/108	9:30 DRAWING	121/122
9:00 POTTERY PAINTING	118	10:00 MUSIC THEORY*	102
10:00 CROCHET*	109/110	11:00 TAI CHI	107/108
10:30 YOGA	107/108	12:00 VOLUNTEER VOICES CHOIR*	102
11:00 JEWELRY MAKING*	121	12:30 LINE DANCING I	107/108
12:00 BEST YEARS BRIDGE*	109/110	1:30 ZUMBA GOLD	107
12:00 MARTIAL ARTS	107/108	1:30 LINE DANCING II	108
1:00 BALLROOM DANCING	107/108	2:30 TECHNOLOGY II	123/124
WEDNESDAY		THURSDAY	
8:00 AEROBICS & WALKING CLUB	107/108	9:00 PAINTING	121/122
9:00 POTTERY PAINTING	118	10:00 TECHNOLOGY I	123/124
10:00 CROCHET*	109/110	11:00 TAI CHI	107/108
10:00 DIABETES EDUCATION	121/122	12:30 LINE DANCING I	107/108
10:30 SPANISH I	123/124	1:30 ZUMBA GOLD	107
11:30 SPANISH II	123/124	1:30 LINE DANCING II	108
12:00 LOTERÍA*	109/110		
12:00 MARTIAL ARTS	107/108		
2:00 TECHNOLOGY III	123/124		
FRIDAY		<u>SPECIAL EVENTS</u>	
8:00 AEROBICS & WALKING CLUB	107/108	<b>TOASTMASTERS</b>	
9:30 SIGN LANGUAGE	123/124	5TH & 19TH - 12:00P - ROOM 109/110	
10:00 CROCHET*	109/110	<b>LAKESIDE BOOK CLUB</b>	
10:30 YOGA	107/108	THURSDAY 7TH - 2:00P - ROOM 123/124	
12:00 BEST YEARS BRIDGE*	109/110	<b>MOVIE: TBD</b>	
<b>LAKESIDE CENTER   BEST YEARS</b> <b>150 MAGNOLIA STREET</b> <b>BEAUMONT, TEXAS 77701</b> <b>DISCOVERBEAUMONT.COM</b>		FRIDAY 8TH - 1:30P - ROOM 107/108	
<b>MONDAY - FRIDAY</b> <b>7:30A - 4:00P</b>		<b>LOW VISION SUPPORT</b>	
* DENOTES A SOCIAL GROUP		THURSDAY 14TH - 1:00P - ROOM 123/124	

# Course Offerings

- Ballroom Dance** A low impact activity to learn different step-patterns and how to move rhythmically to specific types of music.
- Book Club** Join us each month as we discuss our "Book of the Month".
- Bridge** Come test your knowledge of this classic card game with our friendly bridge group. Always looking for new members to join!
- Choir** If you like to sing, the Volunteer Voices Choir is for you.
- Music Theory** Learn the mechanics of reading music.
- Drawing** Learn basic techniques to draw or sketch what you see. Work with an ebony pencil and eraser. No talent necessary.
- Line Dancing** Learn choreographed dances to different songs and you do not even need a partner.
- Low-Impact Aerobics** Low-impact aerobics is a great way to stay in shape as we age. It can stretch and strengthen your muscles, reducing stress, preventing injury and even helping to lower your blood pressure.
- Martial Arts** You will learn age appropriate self-defense techniques, increase your strength and flexibility and sharpen your mental focus.
- Painting** Geared toward any experience level, the class will guide you through the painting process.
- Pottery Painting** Our experienced staff will provide instruction needed to create a beautiful piece of pottery. All levels welcome.
- Sign Language** Improve dexterity and mental awareness while learning an entirely new way to communicate through American Sign Language.
- Spanish** Learn a second language in our Beginner or Advanced Spanish classes.
- Tai Chi** This course is good for the body and mind. Learn to lower stress and blood pressure, increase balance and flexibility, and reduce arthritis pain.
- Technology I** Learn the basics of computer from typing to navigating the online world.
- Technology II** Learn to create documents and more in Microsoft Word throughout this four week course.
- Technology III** Embark on a six week course and learn Microsoft Excel. Projects will include making charts and graphs and more.
- Yoga** Come learn relaxation techniques while toning and strengthening muscles from the comfort of a chair or on the floor.
- Zumba Gold** This course offers a fun-filled way to improve endurance while strengthening your cardiovascular system and increasing range of motion.

\* Social groups are coordinated through individual volunteers and not sponsored by the Lakeside Center. To join these groups, contact the center for more information.