# The Beazley Buzz

A Place Buzzin' with Activity!

757-399-8156

July/August 2024

# **Director's Note:**

*"In the end, it's not the years in your life that count. It's the life in your years."* – Abraham Lincoln.

Hello members and potential new members! I hope you are all enjoying your summer!

For July and August, the Center brings you a few new events and programs that include Goat Yoga, Reiki Healing Energy, Experiments in Paint and Crafts, and a Fired Arts fused glass project. See the next page for details of all the above.

Our movie presentations are *Oppenheimer*, *Arthur the King and Off the Map.* There will only be one movie in July. Please note that Oppenheimer is 3 hours long and the movie will start at 12:30 rather than 1:00.

Please note, due to our Goat Yoga event on Tuesday, July 30<sup>th</sup>, Gentle Yoga and Line Dancing is cancelled that day. And, thank you Sandra for knowing and giving us contact information for the Goat Yoga!

Hope to see you soon! Donna M. Russell



We dedicate this newsletter in memory of BSC members:

Bianca Armistead, 6/13/24 Mary Lee Whitley, 5/7/24 Member since: 2023 2007

Please forgive us if we have missed a member's passing. If you have more information, please let us know.

# Daily Reflection

"Deep summer is when laziness finds respectability." - Sam Keen

# **Our Featured Photos**







Just had to post more pictures of the beautiful flowers located throughout the Center. Again, thank you Aimee and Leesa!





# **Important Notices**

Thursday, Friday, July 4<sup>th</sup> & 5<sup>th</sup> – Center Closed in observance of Independence Day

#### **INCLEMENT WEATHER NOTIFICATION**

Please call the Center at **399-8156** or check **WAVY.com** online for any closures or delays due to inclement weather before attempting travel to the Center during bad weather.

# **Special Events/New Programs**

#### Goat Yoga

Date: Tuesday, July 30<sup>th</sup> Time: 10:00 – 11:30 a.m. Cost: \$20.00

# What is Goat Yoga?

Goat Yoga is a unique and lovable baby goat experience that brings joy, therapeutic benefits of animal therapy and smiles to every participant! Goat Yoga is taught by a certified Yoga instructor and in a way that is perfect



for everyone from a beginner to an advanced Yogi! No experience necessary.



During Goat Yoga, while you move your body from pose to pose, baby goats will interact with you. They love to be petted, held, fed, jump on your back, and snuggled. There are several goat wranglers at

every event to help teach you how to hold and interact with the goats.

As a bonus, you will learn many goat facts along with the importance of agriculture.

Event presented by Fun with Goats.

Register with Aimee.

# Reiki Healing Energy

Dates: Tuesdays Time: 8:30 a.m. Cost: Free

Reiki Healing Energy is based on an ancient belief that vital energy flows through your body, and that the energy can be influenced by



the gentle touch of Reiki practitioners.

Reiki sessions are available by appointment on Tuesday mornings in Leesa's office.

To schedule, call Tricia Richardson at 757-651-5521 or Isabel Walters at 757-651-7384.

# **Special Events/New Programs**

#### **Experiment in Paints & Crafts**

Dates: Wednesday (different projects each month) Time: 1:00 – 3:00 p.m. Cost: \$20.00 per monthly project

This class will introduce new techniques each month, meeting every Wednesday from 1:00 - 3:00 p.m. Supplies will be included with a limit of 9 participants. Register with Aimee. (See description on page 8 for more

details.)



An example of one greeting card that you can make in the Watercolor and Mixed Media Greeting Card class.

# Play Bunco!

Date: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays of the month Time: 10:00 a.m. – 12:00 p.m. Cost: Free

Bunco is a dice game with twelve or more players, divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A bunco is achieved



when a person rolls three-of-a-kind and all three numbers match the round number which is decided at the beginning of the round.

Interested in playing, contact Leesa.

#### Fired Arts – Poppy Field Bell Panel

Date: Tuesday, July 23<sup>rd</sup> and August 27<sup>th</sup> Time: 10:00-12:00 Cost: \$12

We will learn how to cut the glass and then decorate our poppy field using colored glass. <u>Class size is limited to 6 students.</u>



Register with Aimee.

# Chair Yoga ADDITIONAL Classes

Our Chair Yoga class is on Mondays from 12:30 - 1:30 p.m. Participants have requested more class offerings, and we were able to find room on the calendar for two additional classes per month on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday starting June 6<sup>th</sup>. Should you decide to sign up for the new Thursday classes, the cost will be \$6.00 per month

# Special Events/New Programs

# <u>Go Tours Trips</u>

# The Wizard of Oz Riverside Dinner Theatre

Date: Wednesday, July 10<sup>th</sup> Depart: BSC – 7:45 a.m. Return: BSC - 7:30 p.m. Cost: \$177.00/person



We're off to see the Wizard! This timeless tale, in which young Dorothy Gale travels from Kansas over the rainbow to the magical Land of Oz, has been charming audiences for generations. Follow the yellow brick road all the way to the Emerald City in this delightful stage adaptation of L. Frank Baum's enduring classic. Filled with brains, heart, and courage and featuring the iconic score from the MGM film, *The Wizard of Oz*, is fun for the whole family!

Tour includes roundtrip transportation on a 56-passenger motorcoach to Riverside Dinner Theater, reserved seating for "The Wizard of Oz," and dinner at the theatre before the show. Time permitting we'll make a stop at Fredericksburg's Battlefield Country Store before lunch.

# **Special Events/New Programs**

# Go Tours Trips

# **Riverside Christmas Spectacular**

Date: Wednesday, December 18<sup>th</sup>, 2024 Depart: BSC – 7:45 a.m. Return: BSC - 7:30 p.m. Cost: \$177.00/person

Experience the excitement, memories, and joy of Christmas as our spectacular cast of singers and dancers present the very heart and essence of the holiday season. Escape the cold, hustle, and stress by warming your Christmas spirit at Riverside Center with this glittering celebration of everything that makes this "the most wonderful time of the year!"



The tour includes roundtrip transportation on a 56passenger motorcoach to Riverside Dinner Theater, reserved seating for "Riverside Christmas Spectacular" and dinner at the theater before the show. Time permitting we'll make a stop at Fredericksburg's Battlefield Country Store before lunch.





# Conversations in Spanish

Date: Mondays Time: 12:00 – 1:00 p.m. Cost: Free Temporarily suspended until September 9<sup>th</sup>.

Get together with other members to refresh or improve your Spanish speaking skills.



Call Leesa for details.

#### **Community Puzzle**

Join in the "Puzzle Fun" located in the Computer Room on the conference table. Whether you are just walking by or waiting for class to start, find a few pieces of the puzzle. Anyone and all, help complete the community puzzle!

# **Beazley Beezaar**

The Center is offering members a chance to sell their wonderful creations made here at the Center.

We have put up tables in the main hallway under the showcased paintings. Tables will remain indefinitely as long as we have items. Interested parties, "vendors," will be allowed to sell five items at a time. If one item sells, you then replace it with another item. All items for sale must have been made here at the Center. Pay for items at the front office.

# No-limit Texas Hold'em Poker

**Dates:** Fridays, July 19<sup>th</sup> & August 2<sup>nd</sup>, 16<sup>th</sup> Time: 11:00 a.m. – 2:00 p.m.



Put your poker face on, use your bluffing skills and let's play poker!!! All have fun playing Texas Hold'em. If you're not familiar with the game fellow players and dealer will get you through comfortably. Top three players win prizes in 9-player games.

Player limit: 9 max. Dealer: Kirby Stiening

# Blackjack

**Dates**: Wednesday, August 7<sup>th</sup> Time: 10:00-11:00 a.m.

Blackjack is a card game that pits player versus dealer. It is played with one or more decks of cards. Cards are counted as their respective numbers, face cards as ten, and ace as either eleven or one. The object of Blackjack is to beat the dealer.

Top two players with most chips win prize! Player limit: 8 max. Dealer: Kirby Stiening

# Regular Programming

# Intentional Creativity® and Cosmic Smash Booking

Dates: Mondays, July 1<sup>st</sup>, 15<sup>th</sup> & August 5<sup>th</sup>, 19<sup>th</sup> Time: 9:30 a.m. – 12:00 p.m. Cost: Free

Taunya introduces us to IC & CSB in her own unique format.

Intentional  $\ensuremath{\textit{Creativity}} \ensuremath{\mathbb{B}}$  is an approach to creating that yields

access to who we are now and who we are becoming and what is possible for us and our unfolding future. Using our imagination, meditation, writing and painting, we weave inquiry, image and word with intention.

Everything within us, past, present and future, lives in story. When we create around our story, we gain clarity. When we create with intention, we activate both sides of the brain. When we activate our brain, we gain greater access to our own



information, how to articulate it and how to move it from the "stuck" places. Intentional Creativity® can be used to heal and transform our thoughts. It can transform old stories into tools for empowerment and grants access to a new way of working with daily stress.



method of creating, hidden stories start to come unraveled and revealed. The stories become tools for transformation, and it is then the potential for learning and healing emerges.

> Instructor: Taunya Tae Taylor, Certified

New registrants need to take a one-time introduction class called "Introduction to Intentional Creativity." This class will be offered once per month for newcomers.

#### Introduction to Intentional Creativity

To register, please contact Taunya for date and time.

#### Movies presented at BSC

Second and Fourth Thursday of each month

#### Cost: Free!

Enjoy fresh popped popcorn and a drink while watching the BSC movies.

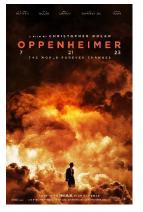
#### July 11th - 1:00 p.m. - No Movie



#### July 25<sup>th</sup> – 12:30 p.m. – Oppenheimer

As America's isolation from World War II ends, prominent

American theoretical physicist J. Robert **Oppenheimer finds** himself tasked with performing a miracle. Driven by fear, with the having Germans an overwhelming head start on the race to develop the atomic bomb, the Allies begin the ambitious Manhattan Project. With Oppenheimer at the helm, the Los Alamos Laboratory spearheads top-secret а government endeavour to weaponise theory before the



Nazis do. However, nothing can prepare the world for the outcome of the greatest scientific gamble in history: a closely guarded, multibillion-dollar military programme to end all war. After all, no one can be trusted with such a devastating weapon of mass destruction--not even geniuses.

Starring: Cillian Murphy, Emily Blundt, Matt Damon – Rated: R - Biography, drama, history - 3hrs.



# **Regular Programming**

#### Movies presented at BSC

Second and Fourth Thursday of each month

Cost: Free!

Enjoy fresh popped popcorn and a drink while watching the BSC movies.

#### August 8<sup>th</sup> - 1:00 p.m. – Arthur the King



Desperate for one last chance to win, Michael Light convinces a sponsor to back him and a team of athletes for the Adventure Racing World Championship in the Dominican Republic. As the team gets pushed to the outer limits of endurance, a dog named Arthur comes along for the ride, redefining what victory, loyalty and friendship truly means.

Starring: Mark Wahlberg, Simu Liu, Juliet Rylance – Rated: PG-13 – Adventure, Drama - 1 hr. 47 mins.

#### August 22<sup>nd</sup> - 1:00 p.m. – Off the Map

A decidedly unconventional family, the Grodins lead a

secluded, self-sufficient existence in rural New Mexico. Bo (Valentina de Angelis) is a restless young girl. Her father, Charley (Sam Elliott), is mired in depression, and her mother, Arlene (Joan Allen), provides for the family by tending to their garden. Their simple, though not trouble-free, lives are disrupted when an Internal Revenue Service agent (Jim True-Frost) arrives, asking questions about their unusual lifestyle.

JOAN ALLEN VALENTINA DE ANGELIS SAM ELLIOTT



THE POSSIBILITIES IN LIFE ARE ENDLESS





Starring: Valentina de Angelis, Joan Allen, Sam Elliott – Rated: PG-13 - Drama - 1 hr. 45 mins.

# *Musical Notes from the "Singing Beez" Chorus*

Date: Mondays Time: 10:30-12:30

The "Singing Beez" Chorus has grown to 16 participants this past year! The Beez entertain at churches, nursing centers, assisted living facilities and special events performing great music and having fun together. The Beez are always looking for more singers to join, especially sopranos, regardless of ability and training. Call Jackie for more information.

Cost: Free Leader: Jackie Forehand Phillips, 757-617-1269

#### Needlework/Knitting

Thursdays 10:00 a.m. – 12:00 p.m.

This friendly group is growing! They are currently working on individual projects and would love to have you bring your needlework and join them. If you would like to learn to knit or crochet, this is the time and place.

Cost: Free

### **Open Greeting Cards**

Tuesdays 9:00 a.m. - 2:00 p.m.

Create and make your own unique and individualized greeting cards. Work for an hour or all day using the Center's vast collection of



materials. Stamps and ink will be provided for your use, and paper and envelopes will be available for purchase. Instructor: Leesa Richards

# Shred-It Shredding Service

Date: Bring anytime Cost: \$1.00 per pound



No need to collect and store old important papers, bills, documents,

etc., for a whole year before bringing it to the Center for the annual shredding service! We now have a locked container located in a secure room for any materials you would like shredded. Iron Mountain truck picks up the container every two months.

# **Regular Programming**

#### Hand and Foot Card Game

2<sup>nd</sup> and 4<sup>th</sup> Friday of every month 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of every month 10:30 a.m. - ?



Hand and Foot is a Canasta variant involving four to six decks rather than two and is played by teams of two players (usually two teams, but it also works with three or four teams). The number of decks used is typically one more than the number of players, though this can vary. Due to the larger pool of available cards, it is much easier to form canastas in Hand and Foot than in standard Canasta, which changes the strategy considerably. Some players feel this version is more enjoyable for beginners.

Cost: Free

#### Bridge

Tuesdays and Fridays 10:00 a.m. – 3:00 p.m.



Bridge is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table. Millions of people play bridge worldwide in clubs, tournaments, online and with friends at home, making it one of the world's most popular card games, particularly among seniors.

Cost: Free

#### Mahjong

Wednesdays 12:00 p.m. – 3:00 p.m.

Mahjong originated in China. It is a game of skill, strategy and calculation that involves a degree of chance, like the card game rummy. It is commonly played by four players. Anyone interested in learning to play Mahjong, please leave your name and phone number with Leesa, and a Mahjong Club member will contact you. Cost: Free

#### Bingo

First and third Tuesday of each month. Tues. Tuesdays, July 2<sup>nd</sup>, 16<sup>th</sup> & August 6<sup>th</sup>, 20<sup>th</sup> Time: 1:30 – 3:00 p.m.

Join us for a fun afternoon playing bingo! Prizes!

Callers: Gail Fizer, Beverly Brown

# Basic Computer/Smart Phone/Tablet Support

Date and time: Call Justyn for an appointment

Want to learn how to use a computer? Would you like to have an email account, use the internet, social media? Learn different features and basic tasks on your smart phone or tablet,



including how to set up Wi-Fi, connect to the internet, setting/creating email accounts or share files and photos over the network? All you need to do is call here for Justyn and schedule an appointment.

Cost: Free Instructor: Justyn Walton

# **Computer Room**

Monday through Thursday, 9:00 a.m.– 4:00 p.m. Friday, 9:00 a.m. – 3:00 p.m.



# DVD Library

We have a large collection of movies on DVD. Older and current movies available. If interested in viewing, you may check out and return them within a few days. A list of available movies is located at the front desk and on bulletin boards throughout the Center. Ask staff member ff you would like to look through the library selections.

# Woodcarving

Thursdays, 10:00 a.m. – 12:00 p.m.

Wood carving is a form of wood working by means of a cutting tool (knife) and chisel, resulting in a wooden figure or other wooden object. Learn to make sculptures and other artwork while enjoying the company of other class participants.

Cost: Free Instructor: Group Instruction

# **Regular Programming**

#### Woodshop

Open: Mon., Tues., Weds., 8:30 a.m. – 3:45 p.m. Thursday closed Friday, 8:30 a.m. – 3:00 p.m. (For authorized members only). Non-authorized members, scheduled appointments only! Volunteer on site for assistance on Wednesdays, 10:00 a.m. - 12:30 p.m.



Our woodshop is well organized and has more equipment options than ever before! Use the shop to create, build or repair woodwork and other projects.

**Note**: Must sign Waiver and Release of Liability Form before working in Woodshop. Cost: Free

# The Ercell Jackson Library

The Ercell Jackson Library is in the Center's main hallway. You will find an extensive selection of fiction and non-fiction hardcover and paperback books, self-help books, cookbooks and current magazines, etc. Take and return books at your convenience. Any used books you would like to donate to our library would be greatly appreciated!

# Book Club

Date: Wednesday (meets on 2<sup>nd</sup> Wednesday of the month) Time: 11:00 a.m. – 12:00 p.m.

Time: 11:00 a.m. – 12:00 p.m. Cost: Free



The Book Club will meet on the second Wednesday of each from 11:00 a.m. to 12:00 p.m. A new book will be chosen each month and attendees will share opinions and/or explore deeper

meanings found within the book.

If interested in joining, please contact Leesa.

#### **Beazley Beestro**

Date: Monday through Friday Time: Open all day

Take a break from all the activities and enjoy a cup of coffee, tea or hot chocolate and snack.



# **Experiment in Paints & Crafts**

Dates: Wednesday (different projects each month) Time: 1:00 – 3:00 p.m. Cost: \$20.00 per monthly project

This class will introduce new techniques each month, meeting every Wednesday from 1:00 - 3:00 p.m. Supplies will be included with a limit of 9 participants. Register with Aimee.

July: Watercolor and Mixed Media Greeting Cards August: Beauty in Oil Painting September: Cold Wax & Acrylic Painting October: Acrylic & Gelli Plate Colored Papers November: Oil & Cold Wax Painting



A few examples of the greeting cards that you can make in the Watercolor and Mixed Media Greeting Card class.



# **Regular Programming**

#### Drawing

Thursdays Time: 1:00 p.m. – 3:00 p.m. Cost: \$15.00 per month

Students will create artwork in pencil or charcoal. Throughout this course, students will utilize traditional drawing. Each project assigned facilitates in building an understanding of the properties of light, aerial perspective, scale, and proportion. The elements of art and principles of design are integrated into student projects. Teacher demonstrations enable them to develop an appreciation for the visual arts as well as expose them to various styles. Class is open to all levels of talent and expressive sketches are encouraged!

Instructor: AI Staszesky

# Watercolor Painting

Fridays 10:00 a.m. – 12:00 p.m. Cost: \$15.00 per month

With focus on technique, students will create artwork in WATERcolor! Instruction includes projects to encourage and nurture your creativity.

Call to register. Supply list will be provided to you once registered.

Instructor: Mary Carr Roberts



Watercolor by Linda

# **Physical/Wellness Programs**

#### Yoga

Yoga is literally translated as "yoke," meaning to "join together" or "to unite". It is an ancient practice that connects or unites the mind, body and spirit through body poses, controlled breathing and meditation. Health benefits include lower blood pressure, improved circulation and oxygenation, decreased pain, balanced metabolism, more energy and strength.

#### Chair Yoga

Mondays 12:30 p.m. – 1:30 p.m. 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month 12:30 p.m.-1:30 p.m. Cost: Mondays -**\$12.00** per month Cost: Mon.& Thurs**. \$18.00** per month Instructor: Tricia Richardson, RYT 200 Call to register.



# Integrative (Practical) Yoga

Thursdays 9:00 a.m. – 10:00 a.m. Cost: \$**12.00** per month

Temporarily suspended

Join our class of varied level students to learn adaptable ways to bring balance, peace and harmony to your life. The class will include floor and standing poses and end with deep relaxation.

Instructor: Tricia Richardson, RYT 200 Call to register.

#### Gentle Yoga (Yin/Restorative Yoga Hybrid)

Date: Tuesdays Time: 9:00 – 10:00 a.m. Cost: \$12.00 per month No Gentle Yoga on Tuesday, July 30th

This class will combine aspects of gentle, yin and restorative yoga practices - appropriate for all levels of students from total beginners to experienced practitioners. The class will begin with breathing exercises, gentle stretching poses, progress through gentle supported yin poses, and will conclude with passive restorative poses.

Instructor: Tricia Richardson, RYT 200 Call to register

<u>Yin Yoga</u> The practice of yoga is based upon Yin/Yang philosophy, balancing opposing forces. More energetic types of yoga are considered to be 'yang', while yin postures are meant to balance energetic practices with calm, deep stretches. Postures are normally held from 2 to 5 minutes. It is helpful for those who wish to increase flexibility, keep joints healthy and mobile, improve posture, balance energetic exercise, or release trauma and emotions that are stored in the body.

**<u>Restorative Yoga</u>** The practice of restorative yoga is passive (using props such as chairs, blocks, blankets, bolsters, sandbags and straps). Combining use of props and longer holds can help to bring a sense of calm and comfort, triggering the body's healing mechanisms. Postures are normally held from 5 to 20 minutes. It is helpful for those who wish to meditate, heal, release stress, relax, create a sense of safety in the mind and body or reach a state of mindful rest.

# **Physical/Wellness Programs**

# Zumba Gold

Dates: Thursdays Time: 10:15 – 11:15 a.m. Cost: **\$12.00/month** – one class per week

Zumba is a high energy dance workout that incorporates Latin and Caribbean rhythms. Zumba Gold is catered to active older adults and offers signature Zumba flavor with lower intensity moves. Zumba Gold choreography focuses on balance, range of motion and coordination. The best thing about Zumba is that every class is a party! You don't have to know how to dance, just follow the instructor and have fun!

Instructor: Carolyn Harper, Certified Zumba Instructor



Revitalize with Carla

Mondays, Wednesdays and Fridays 8:45 a.m. – 9:45 a.m. Cost: **\$25.00** per month

Maintaining a consistent fitness routine is important at any age. **Revitalize** offers older adults specific exercise to help increase cardiovascular health and build strength and balance. This class is designed to be low impact to prevent injury while also increasing muscle strength and energy levels.

Instructor: Carla Bryce, RYT- 200, SilverSneakers Call to register.



# **Physical/Wellness Programs**

#### Tai Chi

**Tai Chi** is a type of martial art very well known for its defense techniques and health benefits. The martial art has evolved over the years into an effective means of alleviating stress and anxiety and "significantly improving balance." It has been a form of "meditation in motion" which promotes serenity and inner peace.

Tai Chi is low impact and can be studied by all ages. It is not a "no pain, no gain" endeavor. It is about opening the mind, body and spirit. It is about relaxation, balance and harmony.

**Regular Tai Chi** Wednesdays 11:15 a.m. – 12:15 p.m. Cost: \$12.00 per month

#### Advanced Tai Chi Wednesdays 12:15 p.m. – 1:15 p.m. Cost: \$12.00 per month

*Mixed Tai Chi* Fridays 10:15 a.m.-11:15 a.m. Cost: \$12:00 per month

Instructor: Robby Williams, Instructor Call to register.

# Move & Groove

Dates: Thursdays Time: 11:30 a.m. – 12:00 p.m. Cost: Free

A fun dance workout geared for all ages and body types. Customize moves that feel right for you.

The unique interval format sends your metabolism and muscle building into overdrive and can be done at a wide range of fitness levels!



Class led by Taunya Tae Taylor



# Line Dancing

Dancing is fun and great exercise. Line dancing is so popular that we have 3 sessions a week! Depending on your line dancing ability, Carolyn will help you decide which class would be suitable for you. See Leesa for contact information.



"Basic Steps" Line Dancing Date: Mondays Time: 1:45 p.m. – 2:45 p.m. Cost: Free Instructor: Carolyn Harrell

Learn the basic steps of line dancing with the goal of joining the other groups comfortably.

Call to register.

**Beginner/Improver Line Dancing** Date: Mondays

10:00 a.m. – 12:00 p.m. Cost: Free Instructor: Carolyn Harrell, David Vreeland

#### Intermediate/High Improver Line Dancing

Date: Tuesdays 10:15 a.m. – 12:15 p.m. Cost: Free

No line dancing on July 30<sup>th</sup>!

Instructors: David Vreeland and Roseann Wade



# Let's play Pickleball!

Date: Fridays, Time: 11:30 a.m. – 3:00 p.m. Cost: Free

Pickleball is a paddle sport played with a whiffle ball on a



badminton-sized court and a tennisstyle net. A non-volley zone (or kitchen) prevents volleys close to the net, and the serving team cannot volley the return of serve. These

unique rules favor players with less mobility and allow senior players to compete successfully with younger competitors.

The game is enjoyed by people of all ages and athletic abilities thanks to its ease of play and straightforward rules. Pickleball has exploded in popularity. Thousands of pickleball courts have been built in recent years, especially in senior communities.

Fired Arts Studio	Fired Arts Studio
Ceramics and pottery (earthenware clay, bisque, stoneware, glazes and decals), pottery wheel and fusing glass (frit, sheet and dichroic glass). Come join the fun!!!	Fired Arts "New-Bee" Classes
Open Studio NOTE: Open	<b>Date and Time</b> : By appointment only Cost: materials used
Mondays, 9:30 a.m. – 4:00 p.m.* *12:30-4:00 on days of I.C. class Tuesdays, 9:30 a.m. – 4:00 p.m. Wednesdays, 9:30 a.m. – 12:30 p.m. Thursdays, 9:30 p.m. – 4:00 p.m. Fridays, 12:30 p.m 3:00 p.m.	If you are new to Fired Arts, you may be interested in signing up for a class on how to create a pinch pot and build-a-box using clay or make a fused glass suncatcher.
<i>Fired Arts Orientation</i> Date: By appointment only Time: One hour Cost: Free	These are beginner classes that will teach you techniques to make future projects on your own. Contact Taunya to register for a class.
	Contact l'autiva to register for a class.
Orientation will give you the basics as you start your journey of becoming a creative and unique artist. In just one hour, you will tour the Fired Arts Studio, learn the guidelines and procedures to get you started.	Glass Fusing 101 Video Date: By appointment only Time: One hour Cost: Free
Once you have finished orientation Ceramics/Pottery, you are free to use the Fired Arts Studio anytime during open studio hours.	Cost: Free Prerequisite for working on glass in Fired Arts. Individual supplies and glass purchased as needed.
Cost: Free, includes complimentary work mat.	We now have more glass and more glass molds
Individual tools, clay and ceramics purchased as needed. Must register with Taunya.	available. Create beautiful glass plates, bowls, jewelry, wall and window hangings and more! Watch a short video on the basics of glass fusing and you are ready to go. Glass prices are posted in the studio.
	Call to make an appointment.
	Hand built clay cat by Sue Hall
Tea set by Sue Hall	
	To all Fired Arts participants: NEVER pick up or touch others' work, as clay and glass are very fragile until completed, and even then, could be dropped and shatter.
Hand Building with Clay	
Hand building is working with clay by hand using only simple tools, not the pottery wheel. Before potters had the wheel, they created beautiful pots and clay forms	Ceramics, green ware, clay, pottery, glass, etc. purchased outside the Center may not be fired in the Center's kilns.
using their hands, fingers and basic tools. Most common forms of hand building is pinch, coiling and slab techniques. Most do not realize the infinite world of hand	New students must register for the Fired Arts Orientation with Taunya.
building and the artistic possibilities it opens.	**Due to limited storage space, we cannot hold ceramic.

\*\*Due to limited storage space, we cannot hold ceramic, clay, glass or pottery pieces for more than 90 days.\*\*



268 Owens Street Portsmouth, Virginia 23704

#### ADDRESS SERVICE REQUESTED

U.S. Postage PAID NON-PROFIT

Permit No. 2143 Portsmouth, VA



# Hours of Operation:

8:30 a.m. to 4:00 p.m. Monday - Friday

# Staff:

Donna M. Russell, Executive Director Leesa Richards, Asst. Director/Program Coordinator Taunya Tae Taylor, Instructor Sandra Berczek, Fired Arts Assistant Aimee Miller, Office Manager Justyn Walton, Facility Maintenance Manager/ Instructor

#### Contact Us:

Phone: 757-399-8156

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Website: www.beazleyseniorcenter.org