

## Class Fees & Registration Information

- Please note: Class registration fees cannot be prorated or credited for missed classes due to cancellations for illness or inclement weather.
- Please think carefully before registering for classes and activities.
- Registration can be made in person, by phone, or online.
- Class transfers or cancellations must occur within the **first 2 weeks** of the class session.
- Classes falling below registration minimum attendance may be cancelled or combined with another class.

### Online Registration Directions:

1. Visit: [heathergardens.org](http://heathergardens.org).
2. On the green bar at the top of the Home page click tab for Clubhouse, pull down options and choose Classes and Schedules. Click the site: <https://apm.activecommunities.com/heathergardens> and follow instructions. **DO NOT** log in under 'Resident Sign-in' on the top of the Home page.
3. After you create your user name and password for the first time, ***you must call the clubhouse and get your account verified.*** If you do not get your account verified, you will automatically be charged the non-resident fee, as this is the default for any new account.

### **Refunds for Classes and Events:**

A gift certificate, which can be used for future classes, events or trips, will be issued for refunds or cancellations. A \$7 service fee will apply when a check refund is requested. Gift certificates are not applicable in Rendezvous Restaurant or Golf Pro Shop.

### **Instructors 2024 Holiday Schedule**

*No Classes on the following dates.*

- ◆ **President's Day — Monday, February 19**
- ◆ **Memorial Day — Monday, May 27**
- ◆ **Juneteenth — Wednesday, June 19 (Management Choice)**
- ◆ **Independence Day — Thursday, July 4**
- ◆ **Labor Day — Monday, September 2**
- ◆ **Thanksgiving Day — Thursday, November 28**
- ◆ **Day after Thanksgiving — Friday, November 29**
- ◆ **Christmas Day — Wednesday, December 25**

Clubhouse Hours:

Mon-Sat: 6 am-9 pm

Sunday: 7 am-7 pm



Heather Gardens

303-751-1811

Extension 5

# Spring 2024 Classes

## April, May, June

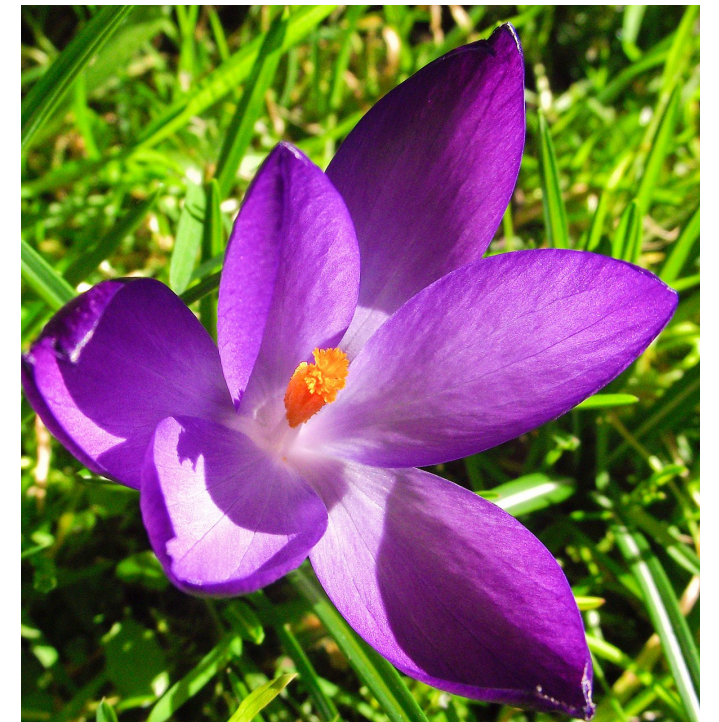
Registration begins:

**Tuesday, March 19  
at 9 am**

**In person or online**

Phone registration  
begins at 10 am

You may register online.  
*See the back page of  
this brochure for  
complete instructions.*



All Classes are 11 weeks (unless noted)

Monday, April 1 — Friday, June 14

Registration is required for all classes and activities  
**See last page for Instructor 2024 Holiday Schedule**

## Creative Arts

### Creative Clay

#### Stained, Fused & Creative Glass

Wednesday, 10 am–12:30 pm \$40

Wednesday, 2–4:30 pm \$40

— Arts & Crafts

Instructor: Jennifer DeChillo

Dabble with fused or stained glass with expert guidance. \$11 Firing fee required for fused glass work in the glass kiln. Class size limited due to firing needs.

#### Painting-Anything Goes

Friday, 9 am–12 noon \$40

— Arts & Crafts

Instructors: Cheryl Adams & Cliff Austin

Bring in watercolors, oils, acrylics, caseins, gauche, pastels, oil pastels, and even collage. The instructors are experienced in all types of media, so help is at hand. Join the fun!

#### Watercolor

Monday, 1–3 pm \$35

— Arts & Crafts

Instructor: Lisa Marvin

Come and learn basic watercolor skills as you complete a variety of projects. We paint on the first day of class, so pick up a Materials List at the Activities Desk and be ready to dive in!

Tuesday, 1–4 pm \$40

— Arts & Crafts

Instructor: Bethanne Funk

Let your creative expressions come through. Clay and glaze fees are variable. Class size is limited to 10.

#### Knit & Crochet

Thursday AM, 10 am–12 noon \$35

Thursday PM, 1–3:30 pm \$35

— Aspen Room

Instructor: Jackua Holifield

**No Class: 4/11 and 6/6**

Come cast-on and bind-off or make a chain. Has it been awhile? Do you need a refresher? What about learning a new technique? Did you know there are 101 ways to cast-on and bind-off? What about a chainless way to start your crochet project? Knit or crochet, come join us.

#### Quilting

Friday AM, 9 am–12 noon \$40

Friday PM, 1–4 pm \$40

— Aspen

Instructor: Susan Auskaps

Discover the world of quilting either by hand or machine. Numerous designs and patterns are available to new and experienced students. Through various forms of stitching, you can complete treasures and heirlooms.

## Lifelong Learners

Simply stated, the goal of Learners to provide opportunities to exercise your brain with in-depth, thoughtful, provocative, and informative classes. Listed below are the four classes for the spring 2024 term. You can register for these classes in the same manner as you register for all Heather Garden classes, using the instructions on the last page of this class schedule. Each class is \$10 for residents and \$35 for non-residents. One class has an additional materials fee.

#### Technology Overview, Facilitators Peter Cronas, Karen Gold, Paul Mauro

Fridays, Six weeks; April 5 to May 10, Arts and Crafts room, 1 - 2:30 pm: **\$10 resident/ \$35 non-resident**

Do you know the essential elements of your computing device, whether computer, phone or tablet? Should you spend money to upgrade? Do you take advantage of tricks and tips to surf the internet efficiently? Are you aware how to best protect yourself from scams and viruses? How important is it to frequently get a new phone?

In this class you will learn these things plus more about email, internet and on-line security. The six weeks include:

\*Week 1: Understanding Your Computing Devices. - Paul

\*Week 2: Mastering Use of the Internet. - Karen

\*Week 3: Overview of Cybersecurity. - Paul

\*Week 4: Avoiding and Limiting On-line Scams and Viruses. - Karen

\*Week 5: Password Protection and Password Management- Peter

\*Week 6: Do You Need a New Smartphone Every Year? - Peter

Facilitators Peter Cronas, Karen Gold and Paul Mauro each have a background in technology issues and each have previously led classes on technology topics.

#### A Discussion of World Affairs, Facilitator Mike Boyd

Wednesdays, Nine weeks; April 3 to May 29, Skyview room, 10- 11:30 am: **\$25 resident/ \$50 non-resident**

Great Decisions, a discussion program produced by the Foreign Policy Association, is America's most extensive discussion program on world affairs. The program model involves reading a short article in the Great Decisions Briefing Book before the session, meeting in a discussion group to watch the short video on the topic and discussing these critical global issues facing America.

The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. The FPA encourages citizens to participate in the foreign policy process through its balanced, nonpartisan programs and publications.

The class agenda includes eight foreign policy and global affairs topics: Mideast Realignment, Climate Technology and Competition, Science Across Borders, US-China Trade Rivalry, NATO's Future, Understanding Indonesia, High Seas Treaty, Pandemic Preparedness.

Facilitator Mike Boyd is currently the leader of the Heather Gardens Men with Purpose club.

#### US Forest Service in Colorado, Facilitator Gary Wooldridge

Tuesdays, Four Weeks, April 2 to April 23, Arts and Crafts room, 10 - 11:30 am: **\$10 resident/ \$35 non-resident**

In this class you will learn of the history of the US Forest Service, including when and why it was founded. We will acquaint you with NEPA (National Environmental Policy Act) signed into federal law in 1970. Then we will review how the service operates here in Colorado. Operations include timber management, fire management, cruising, and silviculture. (Note: Cruising is not referring to the Main Street on Saturday night!). Finally, we will address threats to the forests brought on by natural factors and climate warming.

Facilitator Gary Wooldridge is retired after serving as a Forester for 40 years in Colorado, Idaho and Oregon.

#### Memoir Writing for Seniors, Facilitator Gloria Lesher

Thursdays, Nine weeks; April 4 to May 28, Arts and Crafts room, 10 - 11:30 am: **\$10 resident/ \$35 non-resident**

Learn how to tell the story of your life; your story lets you leave a legacy for your family - and helps others by sharing what you have learned. A story structures information so that the listener feels an impact; tells us something significant about someone's life journey; conveys emotion and value; and has meaning and purpose.

Some life stories are lengthy, such as memoirs or autobiographies; other are brief, such as the bios you might see on websites.

This course will show you how to tell *your* story.

You will learn how to:

Format a manuscript with paragraphs, fonts and a header.

Write a brief bio about yourself and your beliefs.

\* Develop a theme that delivers your message in three sentences.

\* Create a timeline for a period in your life, describing an event from that time.

\* Describe your memoir's plot, plus related events.

\* Choose an opening that shows how you've changed and what you've learned.

\*Outline your opening scene with Goal, Conflict, Disaster.

\* Outline of your memoir's "mirror" middle and an ending with a lasting impression.

Facilitator Gloria Lesher is an award-winning business writer and has helped people write and publish their memoirs. She is the current manager of Heather Gardens Writers Club.

## Cooking Class

### Cooking With Elle

Thursday, April 4, 11, 18, 25

10 am–12 noon \$25

— Kitchen

Instructor: Elle Pope

Feed the body, mind and spirit. Your mind knows healthy, low fat, antioxidant foods will keep your body humming along. This session we will get serious about our health. We will make food that is delicious and can help us live longer and be in better health; how-ever, every now and then your spirit needs a little decadence. Weekly food demonstrations, recipes and food samples to enjoy. Class size limited to 10 people. \$10 weekly supply fee.



## Fitness Classes

### Pilates

**All Levels:**  
Wed, 5:15–6:15 pm \$30  
— Auditorium

**Intermediate/Advanced:**  
Mon & Fri, 9:45–10:45 am \$35  
— Auditorium

Instructor: Patti MacIntire  
Focus is on strengthening back and abdominal muscles. Patti will guide you to longer, leaner muscles as you strengthen your body's core and joints. Please bring mat.

### Beginner:

Mon, 11–11:45 am \$30  
— Auditorium

Instructor: Patti MacIntire  
Pilates at a beginners level will teach you exactly how to activate the muscles and set the foundations to create strength, control and stability throughout the whole body. It can produce many benefits including blood pressure regulation and better breathing. When done at beginner level, it is suitable for any fitness level. Please bring mat. 1st time students — you do not need to bring anything to first class.

### FallProof Balance and Mobility

Friday, 11–11:45 am \$30  
— Auditorium

Instructor: Patti MacIntire  
National award-winning FallProof™ Balance and Mobility program utilizes a multi-dimensional approach to the treatment of balance-related problems. This theory-driven program has proven to be effective in reducing fall risk among older adults identified as moderate-to-high risk for falls. Components of the program are: Center of Gravity Control, Multi-sensory, Postural Strategy, Gait Pattern-Enhancement, Strength and Flexibility Training.

### Chair Yoga Fusion

Tues/Thurs, 8:00–9:00 am \$35  
— Auditorium

Instructor: Tifani Sorensen  
Add diversity to your exercise routine. This format will get you wiggling, stretching and dancing in ways that are natural, playful and uplifting. Enjoy the wide variety of seated and standing yoga poses to improve your posture, balance and flexibility.

### Dance Fit Fusion

Mon/Wed/Fri, 7:30–8:15 am \$35  
— Auditorium

Instructor: Tifani Sorensen  
Not your ordinary aerobics class! Dance Fit Fusion blends Dance with Pilates, Yoga, and strength training, so you'll feel lighter, stronger and happier! Elevate your heart rate with high energy cardio. Strengthen your muscles and stabilize your joints with functional strength training, and improve flexibility and balance with dynamic and static stretches. Each class will use a mat, hand-held weights, mini-bands, water bottle, and a sweat towel.

### Weight Strengthening

Mon/Fri, 8:30–9:30 am \$35  
— Auditorium

Instructor: Patti MacIntire  
Strengthen your entire body with hand weights and resistance tubing. Bring your personal hand-held weights and tubing to use.

### Flexibility & Functional Fitness

Thurs, 9:45–10:45 am \$30  
— Auditorium

Instructor: Ingrid Valdez  
Strength and flexibility make life easier and more comfortable! We improve flexibility from head to toe through exercises designed to increase the range of motion. We build strength using hand weights at a slow pace for maximum benefit. A chair is used for seated exercises and support. Each class runs one hour with about half-hour standing and half-hour sitting. This class was originally developed for HG golfers. Bring your own hand weights.

### Zumba Fitness

Wed, 8:30–9:30 am \$30  
— Auditorium

Instructor: Patti MacIntire  
Class features aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. Add Latin and other exotic music flavors for a fun and rewarding workout. If you prefer sitting in a chair, you are welcome to join us.

## Woodshop

### Woodshop

**Pre-requisite:** All students *must* complete the Woodshop Orientation prior to table saw safety class.

#### Woodshop Orientation — 1st Wed, 4 pm

Access to the use of the Woodshop requires completion of an Orientation. To schedule, sign up in the Woodshop or call 303-751-1811.  
Instructor HG Resident, Dean Lux

#### Table Saw Safety Class — 2nd Wed, 4:00 pm

You must sign up by Tuesday, prior to 4 pm, in the Woodshop plus have taken Woodshop Orientation. *Required in order to operate the table saw for safe and efficient usage.*  
Instructor HG Resident, Dean Lux

NEW

### Basic Woodworking

Wednesday, 1-4 pm \$35  
— Woodshop

*Each class is limited to 6 students*

Instructor: Dean Lux

In this class you will learn how to 4-square a piece of wood. In the first few weeks, we will make a small cabinet door using a table saw, bandsaw, miter saw, jointer, planer, and router. The remainder of the class will be used to make small project of your choosing.

NEW

### Intarsia — Introduction

Monday, 8:30-11:30 am \$35  
— Woodshop

*Each class is limited to 4–5 students*

Instructor: Dean Lux

A woodworking technique that uses varied shapes, sizes, and species of wood using their grain pattern and coloring fitted together to create an image with a perspective of depth. In this class you will use scroll saw, bandsaw, drum sander, rotary tools, sandpaper, files, and rasps. You will learn the proper procedure for affixing patterns to wood, selecting proper scroll saw blades, and polishing and finishing your project. This is a beginner level project, but all steps will be covered so you will be able to complete the project in the 9-week timeframe. The fundamentals you learn will allow you to work on most intarsia intermediate projects.

### Wood Carving

Tuesday, 9–11:30 am \$35  
— Woodshop

Instructor: Charlie Milliser

Never carved before? No Problem. Experienced Carver? Absolutely. Recommended tools:

- \*KN13 Flexcut detail knife
- \*D7/6 or D5/8 Swissmade gouge
- \*Safety glove
- \*Sharpening Strop
- \*Block of wood, any size.  
(Basswood is the easiest to carve)

Tool maintenance and sharpening taught.

Tools/Wood available at Woodcraft:  
6770 S. Peoria St. Centennial, CO 80112

**Last Class will be June 3**

## Water Exercise

### Aqua Fitness

**Beginners:** Mon/Wed/Fri, 9:30-10:30 am \$40  
**Intermediate:** Mon/Wed/Fri, 10:30-11:30 am \$40  
**Advanced:** Mon/Wed/Fri, 11:30 am-12:30 pm \$40

#### No Class: Monday, April 8

Instructor: Kay Wallace  
 Upper body strength, lower back mobility and toning your arms and abs. Water adds resistance to strengthen your legs and back while using your core muscles. Class provides confidence as each participant sets individual goals and progresses at their own pace.

### Fuzzy PJ Aquacise

Tuesday/Thursday, 7-8 pm \$35  
 Instructor: Kay Wallace

Enjoy an end of the day workout, then a short sit and visit in the hot tub. Then change into your warm fuzzy pj's to go home and you are set for the evening.

### Water Warriors I

Tuesday/Thursday, 8:30-9:30 am \$35

### Water Warriors II

Tuesday/Thursday, 9:45-10:45 am \$35

#### No Class: Tuesday, April 16

Instructor: Cheryl Branch  
 Expand your workouts to include the water. Workouts include interval training and sprints. Everyone is encouraged to workout at their own level of fitness.



#### FAMILY SWIM TIME

##### INDOOR POOL

SATURDAY AND SUNDAY  
 12 NOON — 2 PM

Families with children are welcome from 12 noon — 2 pm, on Saturday and Sunday in the Indoor pool.

## Dance Classes

### Line Dance

Tuesday, 10:30-11:30 am \$30  
 Tuesday, 11:45-12:45 pm \$30  
 — Auditorium

Instructor: Patty Clark  
 Patty will guide you from your very first step to ensure success in this fun and social class. Along the way you will get a great physical and mental workout with the added benefit of increasing agility and balance. Benefits to muscles and joints.

### Line Dance — Beginner

Tues, 9:15-10:15 am \$30  
 — Auditorium

Instructor: Patty Clark  
 If you are a beginner line dancer or want to refresh your memory on the many different components to line dance, this class is for you. We will cover each step one by one so you will feel confident with your line dancing. The many benefits of line dancing are memory exercise, helps prevent dizziness, improve muscle memory, and physical exercise.

### Tap Dance Classes

**Advanced:**  
 Wed, 10:15-11:15 am \$30  
 — Auditorium

Instructor: Tina Miller  
 Work on choreographed routines.

**Intermediate:**  
 Wed, 11:20 am-12:20 pm \$30  
 — Auditorium

Class for students familiar with tap basics.

### Ballroom Dance

Mon, 6:00-7:45 pm \$30 resident or \$8 non-resident/  
 Drop in  
 — Auditorium

Instructor: Lila Horton  
 Lila will make it easy for you to refresh your skills or learn the basic steps of popular social dances.

## Yin Yoga

Wednesday-Friday, 1-2 pm \$35  
 Instructor: Pamela Whitmore -Auditorium

In Yin yoga, floor postures are held passively for several minutes in order to access the deep layers of connective tissue between the muscles and fascia throughout the body. All poses are done on the mat combining breathing, stretching and relaxing to improve flexibility, circulation, and range of motion. Yin also helps regulate the body's flow of energy. Emphasizing stillness and silence, Yin yoga prepares both the body and the mind for meditation.

The only requirement is the ability to get up and down from the floor unassisted. **It is strongly suggested that participants not eat 1½ - 2 hours before practice.**

## Declutter Your Life

### Declutter Your Life

Wednesday, 11:00-12:30 am \$35  
 — Aspen Room

Instructor: Sandy Marthaler

As a reformed messy person turned Declutter Coach, Sandy Marthaler will help you discover ways to clear your mind, schedule, and space so you can begin living a life you love. Waking up each day to clutter, confusion and inaction is exhausting. Sandy will share her tools and experiences to inspire the changes you need to live a simple, well-ordered, joyful life.