



## Fall 2020 Classes--Athena House, 989 East St, Westfield

Instructor: Tina Mangos, a certified art teacher who has been teaching art, dance, and fitness for over 35 years.

\*W\*=Offered by **Westfield Washington Township**—Register with WWT

### \*W\* Painting, Drawing, and Culture

**Sept 9 to Oct 14 6 wks Wed 4-5:30 Ages 9+**

**\$103** (includes materials) **class code 6204.402**

Paint your masterpiece with an assembly of musical elements that relate to a theme of your choice. Start with drawings, then put it all together with painting and collage. Lots of visuals to copy or get ideas from.



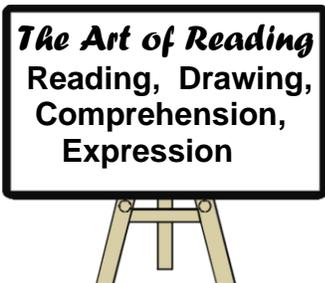
### \*W\* Masks and Mixed Media

**Sept 14 to Oct 19 6 wks Mon 4:30-6 Ages 12+ (fun for adults too)**

**\$103** (includes materials) **class code 6204.401**

Design a wall hanging that's more than a mask. Combine drawing, painting, mixed materials, and a foam-core backboard. Think "outside the box" as you design your own theme. Lots of visuals.

Abilities needed: Use of small tools.



**Sept 14 to Oct 19 6 wks Mon 3-4 all ages**

**3<sup>rd</sup> grade reading level or higher**

*\* Suitable for people with intellectual disabilities, but open to all.*

**\$48** (includes drawing and reading materials)

Guided reading, drawing, and discussion in a happy space. Short stories about fun and interesting topics.

\* **To register:** E-mail Tina for sign-up link.

### \*W\* Stretch & Strengthen Baby Boomer Fitness

**1 Sept 9 to Oct 7 5 wks Wednesday 2-3 pm Ages 18+**  
class code 3204.413

**2 Oct 14 to Nov 11 5 wks Wednesday 2-3 pm Ages 18+**  
class code 3204.414



Both on the floor and standing, movements to strengthen your core and improve flexibility for functional fitness. Build a strong and pliable body in a relaxed atmosphere with creative movements that exercise your brain, too. Improve your posture and work on all joints from your neck down to your toes. All skill levels; men and women.



\*W\* [http://bit.ly/WWT\\_ProgramRegistration](http://bit.ly/WWT_ProgramRegistration)  
<https://westfieldwashingtontp.us/101/OWWN-Guide>

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