Senior Reader’s Theatre
Tuesdays (April 7 – May 26) 1:00 – 2:30
Reader's Theatre requires no sets, no make-up, no costumes, no props and no memorizing. Only a script is needed, from which we read aloud. Using our voices as our primary tool, we interpret the emotions, beliefs, and attitudes of the written material, making it come alive and letting the imagination soar. We will spend a portion of every class doing fun theatre games through the promotion of spontaneity. Emphasis will be placed on sound and movement exercises, non-verbal exercises, development of spatial awareness and creative expression. We will also work on the basic principles and strategies on how to craft and perform a written piece for reader's theatre. This will enable you to perform with a purpose and not only bring joy to oneself but also to our audience as well.
Instructor: Barbara Fay

Yoga on a Chair: Get Fit Where You Sit
Wednesdays (April 8 – May 27) 10:00 – 11:00
Yoga poses (“asanas”) are performed while seated on a chair or wheelchair. The Lakshmi Voelker chair Yoga (LVCY) provides modifications for students who cannot get onto the floor to do mat yoga. The “chairasanas” provide adaptations for flexibility and use breath, affirmation, and imagery as relaxation and mindfulness techniques. Bring a towel or small rug for under the chair.
Instructor: Claudia Ellano, Certified Lakshmi instructor with 30+ years experience

Contact the AGSM office or the OLLI office (562-985-8237) to enroll in a class.