

Art

Oil Painting – Still Life Setup, Composition and Painting

Learn the art of setting up and composing the subjects for still life painting. Learn how to arrange the light direction, catch the atmosphere and express the combined harmony of the subjects in the painting. Students will receive a mandatory supply list at the time of registration. (6 weeks)

Instructor: Ebrahim Amin
Location: SCC

8896	18+ yrs	Sep 2-Oct 7	F	1-4pm	\$136
8897	18+ yrs	Oct 21-Dec 9*	F	1-4pm	\$136

*No class Nov 11, 25.

Oil Painting – Landscape Painting Class (Indoors)

Learn the process of translating a simple photograph into a compelling painted image. The instructor will demonstrate how to focus on composition, color, line, mood and paint application. This class is open to all skill levels. At the first class will be the instructor demonstrating his style and process of painting. Material list will provide at the time of registration.

Instructor: Ebrahim Amin
Location: SCC

8898	18+ yrs	Aug 30-Oct 4	Tu	6-9pm	\$136
8899	18+ yrs	Oct 18-Dec 6*	Tu	6-9pm	\$136

*No class Nov 8, 22.

Dog Services

Dog Obedience

Establish better manners and correct behavior problems like chewing, digging, jumping, etc. For all breeds over 5 months (4 months for larger dogs). Introduces proper heel, automatic sit, sit-stay, down-stay, stand for inspection, come with finish, as well as hand signals, long-distance work, and boundary training. Trophies/certificates awarded at graduation. First meeting held WITHOUT DOGS. Bring a lawn chair/shot records. (7 weeks)

Instructor: Wendy Brookhyser, Hacienda Hills Dog Obedience Club
Location: CVP (1st meeting by flagpole)

8936	18+ yrs	Sep 20-Nov 1	Tu	6:30-7:30pm	\$94*
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*\$10 materials fee due to instructor at first class. (Includes training manual.)

Intermediate Dog Obedience

Continue your canine's education! Five weeks of intensive practice and drill on all your novice obedience exercises! For anyone who has completed a basic obedience course and wants to continue polishing their dog's skills. **Bring your dog to first meeting with leash, training collar, and 30" long line.** (5 weeks)

Instructor: Hacienda Hills Dog Obedience Club
Location: MVHS – upper parking lot

8937	18+ yrs	Sep 19-Oct 17	M	8-9pm	\$82*
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*\$5 materials fee due to instructor at first class.

Dog Manners "Crash Course"

Accomplish your training goals and get behavior problems under control in just 4 weeks! Exercises will include: sit and down on command, stay in sit or down position with distractions, come when called and controlled walking on a leash. For dogs ages four months or older. Vaccinations must be current. **Dogs attend all meetings.** Pre-registration required. (4 weeks)

Instructor: Wendy Brookhyser, Hacienda Hills Dog Obedience Club
Location: HHP

8935	18+ yrs	Oct 15-Nov 5	Sa	10-11:15am	\$82*
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*\$5 insurance fee due to instructor at first class.

Dance/Fitness

Ballet for Adults

Come join a fun, easy, beautiful and non-intimidating Ballet class! Learn the art of ballet and discover your femininity with this strong internal workout. Improves flexibility, strength, balance, posture, and elongates muscles. Come comfortable with ballet slippers. Taught by a professional N.Y. dancer. No previous experience required. (10 weeks)

Instructor: Roxanne Bell / **Location:** RDS

8928	Beg.	18+ yrs	Sep 12-Nov 14	M	10:30-11:30am	\$110
8929	Intro.	18+ yrs	Sep 13-Nov 15	Tu	11am-12pm	\$110
8978	Beg.	18+ yrs	Sep 14-Nov 16	W	10:30-11:30am	\$110
8980	Int.	18+ yrs	Sep 13-Nov 15	Tu	5:30-6:30pm	\$110
8981	Beg./Int.	18+ yrs	Sep 15-Nov 17	Th	5:30-6:30pm	\$110

Ballet Barre for Adults

Want a ballet dancer's body without actually dancing? This Barre class will lead you through ballet stretches on a mat along with core/Pilates exercises that will improve balance and increase flexibility. This class gives the student long lean and strong muscles like a ballerina. Taught by a professional N.Y. dancer. Come comfortable and bring a mat. Strong internal workout! (10 weeks)

Instructor: Roxanne Bell / **Location:** RDS

8926	18+ yrs	Sep 12-Nov 14	M	11:35am-12:35pm	\$110
8927	18+ yrs	Sep 13-Nov 15	T	10-11am	\$110
8979	18+ yrs	Sep 14-Nov 16	W	11:35am-12:35pm	\$110

Yoga

With practice; improve strength, flexibility, balance, focus and peace of mind. Four different levels of classes, each 9 sessions for the season. Pre-registration by August 13th: \$112** – \$130 thereafter. Take TWO sessions (i.e., Saturdays and Tuesdays): \$162 for 18 classes by August 13.

REGISTER: 949-273-3660, 949-633-3654, yogaknights711@aol.com

Instructor: Angie Knight
Location: SCC

Gentle Yoga	18+ yrs	Sep 12 – Nov 13*	M	10-11:30am	\$112*
Yoga Basics	18+ yrs	Sep 13 – Nov 15*	Tu	6:30-8pm	\$112*
Yoga Level 1&2	18+ yrs	Sep 15 – Nov 17*	Th	6-7:30pm	\$112*
Yoga Moderate	18+ yrs	Sep 17 – Nov 19*	Sa	10-11:30am	\$112*

*No class Oct 1, 10, Nov 8, 10, 12.

Excursions

For information about excursions, call **Sea Country Center at 425-5151**.



La Cage aux Folles at the Candlelight Dinner Theater

DEADLINE FOR SIGN-UPS: Aug 30

Join us for another wonderful matinee performance and lunch at the Candlelight Pavilion in Claremont. The Broadway production of La Cage aux Folles, which received eleven Tony Award nominations, is a fun, musical comedy focusing on a nightclub featuring drag entertainment and the adventures that ensue when dealing with ultra-conservative guests.

REGISTER: In office, mail, fax or online

Location: Bus pick-up at Ziggurat Federal Building, Parking Lot

8900	Oct 1	Sa	10am-5pm	\$109
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Three Churches Tour with Lunch at the San Antonio Winery

DEADLINE FOR SIGN-UPS: Oct 17

Come with us as we head up to LA to Our Lady of Angels Cathedral where we will be joined by a trained docent who will lead us on a Cathedral art and architectural tour. We will then stop at the historical San Antonio Winery for lunch, before continuing on for a guided tour of St. Sophia's Greek Orthodox Cathedral, considered to be one of the most beautiful in the Western Hemisphere. Our last stop will be a self-guided visit to St. Vincent De Paul's in Los Angeles before heading home. This trip is not one to be missed.

REGISTER: In office, mail, fax or online

Location: Bus pick-up at Ziggurat Federal Building, Parking Lot

8901	Nov 9	W	8:30am-5:30pm	\$103
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Trip Procedures & Rules

Please read before signing up.

1. **No refunds / credit** will be given unless the trip is cancelled by the City. Trip refunds will be issued only to the individual(s) listed on the sign-up sheet. Online service fees will not be refunded by the City.
2. If a trip participant wishes to cancel, the procedures are as follows:
 - a. Notify the Center of your intend to cancel.
 - b. Make arrangements for someone to take your place or call the Center to see if a waiting list is available.
 - c. If replacement is made by the participant, notify the Center of your replacement's name and phone number immediately.
3. All trip participants must be self-sufficient and capable of walking and climbing stairs without assistance of others. If unable to do so, a wheelchair and/or trip attendant will be required and prior arrangements need to be confirmed. Please notify staff at the time of registration if wheelchair arrangements are required.
4. Trip participants are encouraged to notify a family member/friend of his/her trip destination and come prepared with emergency and medical information on the day of the trip.
5. The completion of a liability release form is required prior to each trip.
6. All minors must be accompanied by an adult. For more information, call 425-5151.
7. Due to liability concerns, all participants are required to depart and return on the excursion bus.
8. All trips depart from the Ziggurat Federal Building parking lot in Laguna Niguel.

Mission Inn Holiday Lights Festival with Dinner at the Old Spaghetti Factory

DEADLINE FOR SIGN-UPS: Nov 19

Don't miss out on this incredible display of holiday lights at the famous Mission Inn in Riverside. We'll start off by enjoying a delicious Italian dinner at the popular Old Spaghetti Factory before heading over for our guided tour of the Mission Inn, a National Heritage Landmark. This fairyland experience boasts of more than three million lights and hundreds of animated figures.

REGISTER: In office, mail, fax or online

Location: Bus pick-up at Ziggurat Federal Building, Parking Lot

8902	Dec 12	M	12:30-9:30pm	\$92
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Music

Beginning Guitar Lessons

Playing the guitar is an enjoyable and relaxing way to enrich your life with music. Experience interaction with other beginning guitarist in a small and supportive group environment. The aim of the class is to transform the novice into a self-reliant musician. Learn to play easy chords, fun melodies, strum styles and many popular songs. Instructor Ron Gorman has enjoyed teaching this class for the City of Laguna Niguel for the past 12 years. Have a blast and bring your own guitar to class. (5 weeks)

Instructor: Ron Gorman

Location: CVP, Patio Room

8974	10+ yrs	Sep 6-Oct 4	Tu	6-7pm	\$95
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Free trial class on Tue 8/30 at 6pm.

Call Ron at 362-0778 to reserve your spot.



Ukulele

Ukulele is making a big comeback. Come join our beginning ukulele class and learn how to amuse yourself and amaze your friends. You will learn basic strums, chords, and a bit of music theory to guide you along. (8 weeks)

REGISTER: Call instructor at 364-1643 or email: rossini05@hotmail.com

Instructor: Ross Costa

Location: SCC

Beg.	18+yrs	Aug 24-Oct 12	W	1-2pm	\$80*
Beg.	18+yrs	Oct 19-Dec 14	W	1-2pm	\$80*
Beg.	18+yrs	Aug 25-Oct 13	Th	7-8pm	\$80*
Beg.	18+yrs	Oct 20-Dec 15	Th	7-8pm	\$80*
Int.	18+yrs	Aug 23-Oct 11	Tu	7-8pm	\$80*
Int.	18+yrs	Oct 18-Dec 13	Tu	7-8pm	\$80*

*\$10 (cash) material fee is payable to instructor at class.

NOTIFY ME

Sign up to receive email notification of City events and subscribe to our E-Newsletter by visiting:

www.cityoflagunaniguel.org/NotifyMe



Sea Country Senior & Community Center

24602 Aliso Creek Road
425-5151

Senior Center Hours: M-F, 9am-4pm

Community Center Hours: Open for classes/room rentals as scheduled. Call for information.



Fall Concert Series

Each month a different live band will perform a variety of music with many of your favorites. Come by and bring a friend for this fun Fall Concert.

8903	Oct 28 (Chico)	F	1-2:30pm	\$5
8904	Nov 17 (Kid & Nic)	Th	1-2:30pm	\$5

Timeless Melodies

Take a trip down memory lane and learn about famous stars from yesteryear. Find out more about their lives and learn interesting facts and insights. The Timeless Melodies presentations include music, short videos, and historical pictures from the past. Light refreshments served at the end of the presentation.

Register: In office

Information: 425-5151 / Location: SCC

1920's

8911	Sep 2	F	1:30-3pm	\$5
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SING-A-LONG

8912	Oct 21	F	1:30-3pm	\$5
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Bunco Blast Parties

Join us for the fun game of Bunco! Bunco is an easy to learn dice game. Refreshments will be served. Winners will win prizes.

REGISTER: In office or call 425-5151

Location: SCC

Sep 9	F	1:30-3pm	Free
Oct 7	F	1:30-3pm	Free
Nov 4	F	1:30-3pm	Free

