

Title: InSite System
Instructor: Dr. Janet Buchanan
Carroll Lutheran Village Staff
Date & Time: Thursday, February 8 or
Friday, February 9, 4:00 p.m.
Location: Carroll Lutheran Village,
CLVU –1
Fee: Free

Title: Email Basics
Instructor: Dr. Janet Buchanan
Carroll Lutheran Village Staff
Date & Time: Thursday, February 8 or
Friday, February 9, 5:00 p.m.
Location: Carroll Lutheran Village,
CLVU –1
Fee: Free

Title: Introduction to Collograph Printing
Instructor: Susan Williamson,
Carroll County Arts Council
Date & Time: Mondays, February 12 & 19,
1:00 p.m.—3:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Heuer Art Studio
Fee: \$20

Title: South Mountain and Antietam
Instructor: Phil Muskett,
Carroll Community College
Date & Time: Friday, February 16,
9:00 a.m. – 12:00 p.m. (class) and Friday,
February 23rd, 9:00 a.m.—1:00 p.m. (trip to
Antietam)
Location: Carroll Lutheran Village
Wellness Center, Classroom I
Fee: \$35

Title: Personal Training
Instructor: Carroll Lutheran Village
Certified Personal Trainers
Date & Time: By Appointment
Location: Carroll Lutheran Village
Wellness Center
Fee: \$35 for each 1 hour session

Directions to Carroll Lutheran Village

From the north and south: Maryland Rt. 140 to
Maryland Rt. 31 south. Right on Old New Windsor
Pike. Right on Luther Drive to Carroll Lutheran
Village.

From the east: Maryland Rt. 30 to Maryland Rt. 27
south. Exit to Maryland Rt. 140 north. Left on
Maryland Rt. 31 south. Right on Old New Windsor
Pike. Right on Luther Drive to Carroll Lutheran
Village.

From the west: Maryland Rt. 26 to Maryland Rt.
31 north. Left on Old New Windsor Pike. Right on
Luther Drive to Carroll Lutheran Village.

For assistance call 443-605-1070.

Payment is due at time of registration.
Refunds *may* be available no later than
10 days prior to class start date.

Registration is required by contacting
the Wellness Center at 443-605-1070
or registration@clvillage.org.

Carroll Lutheran Village is an accredited, not-for-
profit continuing care retirement community
dedicated to the ministry of caring in a Christian
atmosphere fostering quality life and services for
the whole person.

All faiths welcome.



**Winter 2018
Lifelong Learning Series**



Lifelong Learning Series
300 St. Luke Circle
Westminster, MD 21158
443-605-1070

www.clvillage.org

facebook.com/CarrollLutheranVillage

Title: Tai Chi
Instructor: Darcy Brodman,
Carroll Lutheran Village Wellness Staff
Date & Time: Wednesdays, December 6—
January 10, 1:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Aerobic Dance Room
Fee: \$35 for guests, Free for residents

Title: Zentangle Art
Instructor: Jaqui MacMillan
Date & Time: Wednesday, December 13,
Tuesdays, January 9 and February 13
1:00 p.m.-3:00 p.m.
Location: Carroll Lutheran Village,
Heuer Art Studio
Fee: \$35 per session

Title: Ai Chi
Instructor: Darcy Brodman,
Carroll Lutheran Village Wellness Staff
Date & Time: Fridays, January 5—
February 9, 11:00 a.m.-11:30 a.m.
Location: Carroll Lutheran Village
Wellness Center, Pool
Fee: \$35 for guests, Free for residents

Title: Zumba
Instructor: Lisa Lowrey-Mandato
Date & Time: Mondays, January 8—
February 12, 11:00 a.m.—11:45 a.m.
Location: Carroll Lutheran Village, Wellness
Center Aerobic/Dance Room
Fee: \$30

Title: Learning to Abstract
Instructor: Susan Williamson,
Carroll County Arts Council
Date & Time: Monday, January 8,
1:00 p.m.—3:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Heuer Art Studio
Fee: \$20

Title: Drawing and Painting
Instructor: Kathleen Stumpf,el,
Carroll Community College
Date & Time: Tuesdays, January 9—
March 13, 9:30 a.m.—12:00 p.m.
Location: Carroll Lutheran Village,
Heuer Art Studio
Fee: \$55

Title: Democracy in America
Instructor: Julie Castillo,
Carroll Community College
Date & Time: Tuesdays, January 9—
January 23, 10:00 a.m.—12:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Classroom I
Fee: \$30

Title: Introduction to Mindfulness
Meditation
Instructor: Tim Hurley
Date & Time: Fridays, January 12—
February 16, 11:00 a.m.-12:00 p.m.
Location: Carroll Lutheran Village,
Weller Circle Activity Center
Fee: \$30

Title: Tea Cup Pottery
Instructor: Alex Simms,
Carroll Community College
Date & Time: Wednesdays, January 17—
February 7, 1:00 p.m.—3:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Leisure Arts Room
Fee: \$37

Title: Swimming Lessons
Instructor: Darcy Brodman,
Carroll Lutheran Village Wellness Staff
Date & Time: Fridays, January 19—
February 23, 11:30 a.m.-12:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Pool
Fee: \$35 for guests, Free for residents

Title: Art History Series
Instructor: Susan Williamson,
Carroll County Arts Council
Date & Time: 1:00 p.m.—2:00 p.m.
Tuesday, January 23: Maxfield Parrish
Tuesday, February 20: Louis Comfort Tiffany
Tuesday, March 20: Frank Lloyd Wright
Tuesday, April 17: Antoni Gaudi
Location: Carroll Lutheran Village,
Wellness Center, Classroom I
Fee: Series Price- \$22.50 CCAC members and
CLV residents. \$25 nonresidents

Title: Chair Yoga
Instructor: Shawn Essed
Date & Time: Fridays, January 26—
March 23, 2:00 p.m.—3:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Aerobic/Dance Room
Fee: \$40

Title: Poetry 101
Instructor: Jo Donaldson
Date & Time: Wednesdays, February 7—
March 14, 10:30 a.m.—12:00 p.m.
Location: Carroll Lutheran Village
Wellness Center, Classroom I
Fee: \$25

Title: Online Surveys
Instructor: Dr. Janet Buchanan
Carroll Lutheran Village Staff
Date & Time: Thursday, February 8 or
Friday, February 9, 3:00 p.m.
Location: Carroll Lutheran Village,
CLVU -1
Fee: Free

REGISTRATION IS REQUIRED for all programs. Call 443-605-1070 or email registration@clvillage.org.