

**Title:** The Power of Positive Thinking  
**Instructor:** Jeanne Deignan-Kosmides  
Carroll Community College  
**Date & Time:** Thursday, April 5,  
12:30 p.m.— 2:30 p.m.  
**Location:** Wellness Center Classroom  
**Fee:** \$15

**Title:** The Theatre: History &  
Appreciation  
**Instructor:** Tabetha White,  
Carroll County Arts Council  
**Date & Time:** Wednesdays, May 2 –30,  
10:30 a.m.— 11:30 a.m.  
**Location:** Wellness Center Classroom  
**Fee:** \$55

**Title:** Zentangle Art  
**Instructor:** Jaqui MacMillan  
**Date & Time:** Wednesdays, April 11,  
May 9, June 13, 2:00 p.m.— 4:00 p.m.  
**Location:** Heuer Art Studio  
**Fee:** \$35 per session

**Title:** Zumba  
**Instructor:** Lisa Lowrey-Mandato  
**Date & Time:** Mondays, April 9-May 21,  
11:00 a.m.— 11:45 a.m.  
**Location:** Wellness Center Aerobic/Dance  
Studio  
**Fee:** \$30

## 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.

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

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.



**Spring 2018**  
**Lifelong Learning Series**

**All Classes are held at**



Lifelong Learning Series  
300 St. Luke Circle  
Westminster, MD 21158  
443-605-1070  
[www.clvillage.org](http://www.clvillage.org)

**Title:** Buttons!  
**Instructor:** Susan Williamson,  
Carroll County Arts Council  
**Date & Time:** Thursday, April 19,  
1:00 p.m.– 3:00 p.m.  
**Location:** Heuer Art Studio  
**Fee:** \$25

**Title:** Cell Phone Photography  
**Instructor:** Walt Calahan,  
Carroll Community College  
**Date & Time:** Saturday, March 24,  
9:00 a.m.— 12:00 p.m.  
**Location:** Wellness Center Classroom  
**Fee:** \$20

**Title:** Chair Yoga  
**Instructor:** Shawn Essed  
**Date & Time:** Fridays, April 6-May 25,  
2:00 p.m.— 3:00 p.m.  
**Location:** Wellness Center, Aerobic/Dance  
Studio  
**Fee:** \$40

**Title:** Drawing and Painting  
**Instructor:** Katie Gutridge,  
Carroll Community College  
**Date & Time:** Tuesdays, March 27–  
May 29, 9:30 a.m.— 12:00 p.m.  
**Location:** Heuer Art Studio  
**Fee:** \$55

**Title:** Healing Benefits of Beehive  
Products  
**Instructor:** Jeanne Deignan-Kosmides  
Carroll Community College  
**Date & Time:** Thursday, May 3,  
12:30 p.m.— 2:30 p.m.  
**Location:** Wellness Center Classroom  
**Fee:** \$15

**Title:** Intro to Pickleball  
**Instructor:** Larry Wood,  
Carroll Community College  
**Date & Time:** Wednesdays, May 2– 30,  
10:00 a.m. – 11:00 a.m.  
**Location:** Wellness Center Classroom/  
Tennis Court  
**Fee:** \$25

**Title:** Let's Play Croquet  
**Instructor:** Bob Cope  
**Date & Time:** Thursday, April 26,  
10:30 a.m.– 11:30 a.m.  
**Location:** Wellness Center Classroom/  
Croquet Court  
**Fee:** Free

**Title:** Mindfulness Meditation  
**Instructor:** Tim Hurley  
**Date & Time:** Fridays, March 9 - April 27  
11:00 a.m.— 12:00 p.m.  
**Location:** Weller Circle Activity Center  
**Fee:** \$30

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

**Title:** Puzzle Art  
**Instructor:** Susan Williamson,  
Carroll County Arts Council  
**Date & Time:** Tuesday, May 8,  
1:00 p.m.— 3:00 p.m.  
**Location:** Heuer Art Studio  
**Fee:** \$25

**Title:** South Mountain & Antietam  
**Instructor:** Phil Muskett,  
Carroll Community College  
**Date & Time:** Friday, May 18,  
9:00 a.m.—12:00 p.m. (class) and  
Friday, May 25, 9:00 a.m.—1:00 p.m. (trip  
to Antietam)  
**Location:** Wellness Center Classroom  
**Fee:** \$35

**Title:** Swimming Lessons  
**Instructor:** Darcy Brodman,  
Carroll Lutheran Village Staff  
**Date & Time:** Fridays, April 20-May 25,  
11:00 a.m.— 11:30 a.m.  
**Location:** Wellness Center Pool  
**Fee:** \$35 for guests, Free for residents

**Title:** Teapot Pottery  
**Instructor:** Alex Simms,  
Carroll Community College  
**Date & Time:** Wednesdays, May 2-23,  
1:00 p.m.— 3:00 p.m.  
**Location:** Wellness Center Leisure Arts  
Room  
**Fee:** \$30

**REGISTRATION IS REQUIRED** for all programs. Call 443-605-1070 or email [registration@clvillage.org](mailto:registration@clvillage.org)