

PLYMOUTH PLACE PRESENTS



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CLASSES
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ART, MUSIC & WELLNESS



WINTER 2026

Have you ever used the sun to print a photo? Tried the ancient art of Japanese paper marbling? Boxed in a swimming pool? Or peacefully started your day with guided meditation? These experiences – and many more – are all part of life at Plymouth Place. Now, we've brought them together in one easy place with our new Classes - Art, Music & Wellness Catalog, so you never miss a chance to explore something new.

Inside, you'll find more than 20 art classes, including watercolor, sketching and cyanotype sun-printing. There's also jewelry making, weaving, knitting, and flower arranging – plenty of ways to stay creative and engaged this winter.

On the wellness side, you'll discover over 20 fitness and mindfulness options, from strength training and aqua boxing to yoga, meditation, balance, and dance. Whether you're trying a new activity or continuing a favorite routine, there's something here for you.

So, what will move you this winter? I think you'll find the answer right here.



Jay Biere
President & CEO



Cheri Boublis
Sr. Director of Hospitality Services

DRAWING & PAINTING

Sketchbook, with Janet Schill

Tuesdays, 11am to Noon, Art Room

Tailored to both the beginners and more experienced sketchers, this class covers basic drawing skills along with tools and materials. Explore how to draw animals like mammals, birds, reptiles and even Insects. No judgment, just fun for all.

2-hour Drawing, with Janet Schill

Wednesdays, 1pm to 3pm, Art Room

This class covers portrait drawing beginning with marble busts. Additionally, we use black paper with white pencils to learn about highlights and shadows. We'll also be looking at famous master piece portraits.

Watercolor, with Eleanor Frick

Mondays | 2pm to 3pm and Fridays | 10 to 11am, Art Studio

This twice weekly watercolor class is a learn-at-your-own pace, techniques-based approach to watercolor painting that focuses on individual progress within a supportive, communal environment. The class completes one watercolor painting per week, with a chance to try the same painting again at the second meeting. All paintings are broken down to their base components and techniques, allowing attendees to perfect past skills, while also building their confidence to create their own independent compositions.

Watercolor Mountain Ranges, with Joseph Molino

Wednesday, January 21 & Friday, January 23

9am to Noon | Bud's Art Café

Using soft gradients and layered brushstrokes, residents will paint serene mountain landscapes inspired by misty sunrises, quiet peaks, and sweeping views.

Still Life Drawing with Oil Pastels, with Joseph Molino

Wednesday, March 18 & Friday, March 20

9am to Noon | Bud's Art Café

Focusing on color blending and bold strokes, residents will draw simple still-life arrangements using richly pigmented oil pastels.



Janet Schill

Art

PRINTING

Monoprint Painting: Winter Sceneries, with Joseph Molino

Wednesday, January 7 & Friday, January 9

9am to Noon | Bud's Art Café

Start the year with gentle creativity as we explore simple monoprint techniques to create soft, atmospheric winter landscapes. Residents will experiment with texture and color to capture the calm beauty of the season.

Exploring Cyanotypes: Intro to Sun-Printing, with Joseph Molino

Wednesday, January 14 & Friday, January 16, January 9

9am to Noon | Art Café

This week, we dive into the enchanting world of cyanotypes – one of the oldest photographic printing processes. Residents will create striking blue-and-white prints using natural objects and light-sensitive paper.



Carolyn Pann

ARTS & CRAFTS

Just Jewelry, with Carolyn Pann

Mondays | 10am to Noon | Art Studio

Learn simple techniques to bring beads and silver findings together to create earrings, bracelets, and necklaces that can enhance your wardrobe throughout the year!

Weaving Class with Eleanor Frick

Mondays | 10 to 11am | Weaving Studio

Fridays, | 2 to 3pm | Weaving Studio

Each six month rotation of this class leads a small cohort of 8 weavers of all skill levels through the process of planning out and weaving their own independent projects. Attendees also learn the history of this ancient craft, and the basic mechanics and logic of the four harness floor loom. Through this class, weavers will become familiar with all the considerations of making cloth from scratch; from fiber and material choice, to pattern drafting, and color and tapestry techniques, to finishing methodologies. No experience is required and you will be amazed at what you can create!

Beginning Artful Crafts: Polymer Clay, with Janet Schill

Tuesdays | 1 to 2pm | Art Room

This introductory class teaches you how to work with clay to make set pieces. After hardening them in a toaster oven, we attach jewelry findings like jump rings, necklaces, or earring hooks. A fun way to make your own jewelry or give away to friends and family!

Advanced Artful Crafts: Design Your Own Jewelry, with Janet Schill

Tuesdays | 1:15 to 3pm | Art Room

This advanced class uses various materials such as polymer clay, resin, assorted metals, etc., to be used with jewelry findings.

Flower Arranging & Wreath Making with John Gould

Check flyers for dates and time | Bud's Art Café

Discover the fundamentals of floral design for table arrangements and intimate gatherings. This workshop also includes instruction in bow making and the creation of customized seasonal wreaths, offering participants a hands-on introduction to decorative design.

Plymouth Place Knitters, with Cathy McGregor

Tuesdays and Thursdays | 9:30 to 10:30am | Art Room

Whether you're picking up needles for the first time or you've been knitting (or crocheting) for years, you'll fit right in. It's a fun, hands-on way to stay active, spark creativity, and enjoy great conversation while making projects for charity or creating something special for your family and friends. Lively group instruction, friendly one-on-one help, and vibrant community make it easy to jump in and feel at home.

Recreating the Greats: Pablo Picasso, with Joseph Molino

Wednesday, January 28; Friday, January 30; Wednesday, February 4 and Friday, February 6

9am to Noon | Bud's Art Café

Through an engaging presentation on Picasso's life and evolution as an artist, residents will explore the bold shapes and unexpected angles of his Cubist period. We'll conclude by creating expressive paper-collage self-portraits inspired by Picasso's iconic style.

Air-Dry Clay Valentine's Vases, with Joseph Molino

Wednesday, February 11; Friday, February 13 | 9am to Noon | Bud's Art Café

Residents will sculpt small decorative vases using air-dry clay, adding textures and painted details to create sweet keepsakes for Valentine's Day.

Art

Watercolor Valentine's Day Cards, with Joseph Molino

Wednesday, February 18 & Friday, February 20 | 9am to Noon | Bud's Art Café

Soft colors, simple washes, and heartfelt messages come together as we design personalized watercolor cards to share with loved ones.

Cellophane Stained Glass Art, with Joseph Molino

Wednesday, February 25 & Friday, February 27 | 9am to Noon | Bud's Art Café

Using layers of colorful cellophane, residents will create vibrant "stained glass" pieces that glow beautifully when placed by a window.

Recreating the Greats: Henri Matisse – Stencils & Collages, with Joseph Molino

Wednesday, March 4 & Friday, March 6 | 9am to Noon | Bud's Art Café

Inspired by Matisse's joyful cut-paper masterpieces, residents will design bold, expressive collages using organic shapes, flowing lines, and lively color.

Suminagashi: Japanese Paper Marbling, with Joseph Molino

Wednesday, March 11 & Friday, March 13 | 9am to Noon | Bud's Art Café

Residents will learn the ancient Japanese art of floating inks on water to create delicate, swirling marbled prints that reflect calm and movement.

Paper Vases, with Joseph Molino

Wednesday, March 25 & Friday, March 27

9am to Noon | Bud's Art Café

To celebrate the arrival of spring, we'll craft decorative paper vases using folding, layering, and collage techniques – perfect for brightening any space.

MISCELLANEOUS

Fostering Comfort in the Creative Process, with Susan McMahon, ATR,

Tuesdays | 5:30 to 7pm | Bud's Art Café

Students work on a particular art project with the goal of embracing the artistic journey and feeling at home in the entire process rather than focusing simply on the end result. This class is anchored in engagement, expression and socialization and participants are free to enter and leave at their liking.

Art Connoisseur's Club, with Eleanor Frick

Thursdays | 1 to 2pm | Art Studio

Perfect for both artists and those who simply desire to learn more about art, AC Club is part lecture, part history survey, part group discussion on specific pieces. The Club is open to all and monthly topics are chosen by attendees.



John Gould

OPEN STUDIOS

Art

Open Studio, with John Gould

Check flyers for dates and time | Bud's Art Café

These open studio sessions run approximately 45 minutes to one hour. Participants explore a variety of creative mediums, with popular options including glitter art, watercolor painting, and simple sewing projects. Instruction is guided yet flexible, allowing each guest to create at their own pace.

Open Studio, with Susan McMahon, ATR

Thursdays | 5:30 to 7pm | Bud's Art Café

Residents practice their own artistic disciplines and narratives. This class is anchored in engagement, expression and socialization.

Music & Dance

Drum Circle, with Alex Gianopulos

First Mondays | 3 to 4pm | Game Room

Join your friends and get your groove on for this monthly, participatory celebration of rhythm and movement guaranteed to work out your stress.

Fit Beats

Wednesdays & Fridays | 1:45 to 2:15pm | Fitness Studio

Drum your way to fitness! Use drumsticks and energizing beats for a full-body cardio workout that builds endurance, coordination, and upper-body strength.

The Wellness Dance

A Healthy Monthly Social with On-the-Spot-Dance Instruction

Snacks and Drinks at 4:15pm | Music and Dance at 5pm | Dole Hall

Make reservations for January and March themed dinner events through the Call Center: (708) 588-6423.

- **January 22: The Bayou Bop:** Kick it Louisiana-style and learn the two-step and waltz with live music from the Cajun/Zydeco dance band, Le Travailant and live instruction from Louis Stallone of the Old Town School of Folk Music.
- **February 12: A 60's Shindig:** Heidi Mokrycki brings her 60s playlist to teach iconic dances like The Jerk, The Swim, The Monkey, The Twist and The Pony. You might want to come in costume!
- **March 4: Tango!!!:** Experience the National Dance of Argentina with live music from The Janice Lee Tango Quartet and dance instruction from tango expert Ann Cusack.

Fitness & Wellness

Classes taught by Plymouth Place employees are free of charge for residents. For classes taught by outside providers, a nominal fee of \$25 per month provides unlimited access for all Plymouth Place residents. No reservations needed for any class. If you're up early, or even if you sleep in, come join us.

All classes are open to the public for a nominal fee. For people outside the Plymouth Place community, unlimited access to all classes is available for \$25 per week.

STRENGTH TRAINING

Sculpt & Strength

Mondays, Wednesdays & Fridays

7:30 to 8am, 8:15 to 8:45am, 9 to 9:30am | Fitness Studio

Build strong, lean muscles with light weights, resistance bands, and precise movements. This total-body class improves endurance and definition—helping you feel stronger and more confident every day.

Strength & Stretch

Tuesdays, Thursdays & Saturdays

7:30 to 8am, 8:15 to 8:45am, 9 to 9:30am | Fitness Studio

Wake up your body and calm your mind with this gentle combo of strength work and relaxing stretches. Improve muscle tone, balance, and flexibility—all at your own pace.

Muscles in Motion

Wednesdays | 1 to 1:30pm | Fitness Studio

Keep your body strong and mobile with this low-impact, full-body workout. Using rhythmic, controlled movements, you'll build endurance, improve joint mobility, and stay energized.

Weightlifting

Wednesdays & Saturdays @ 11:15 to 11:45am

Thursdays @ 1 to 1:30pm

Fitness Equipment Room

Gain confidence in the gym as you strengthen your body with guided weight and machine exercises. This class focuses on safe, functional movements that make daily life easier and more powerful.



Sculpt & Strength

Fitness & Wellness

CARDIOVASCULAR EXERCISE

Fit Beats

Wednesdays & Fridays | 1:45 to 2:15pm | Fitness Studio

Drum your way to fitness! Use drumsticks and energizing beats for a full-body cardio workout that builds endurance, coordination, and upper-body strength.

Aquatics & Aqua Boxing

Tuesdays & Thursdays | 2:30 to 3pm | CHL Pool

Punch, jab, and kick your way through a fun, high-energy workout! The water's resistance protects your joints while building strength, stamina, and confidence.

Aqua Fusion

Tuesdays & Fridays @ 8 to 8:45am | Thursdays @ 10am to 10:45am

Saturdays @ 1 to 1:45pm | CHL Pool

Experience the best of everything—cardio, strength, and flexibility—all in one dynamic water workout. Gentle on joints yet incredibly effective for the whole body.

Aqua Walking

Tuesdays & Thursdays | 1:45 to 2:15pm | CHL Pool

Step into the water for a fresh twist on walking! Strengthen your legs, improve balance, and boost your heart health with the natural resistance of the pool.

Low Impact Aqua

Wednesdays & Fridays | 2:30 to 3pm | CHL Pool

Enjoy a soothing, slow-paced aquatic class focused on joint mobility, flexibility, and gentle strength training in a calm and supportive setting.

MIND-BODY & FLEXIBILITY

Chair or Floor Restorative Yoga

Thursdays | 10:30 to 11:15am | Wellness Education Room

Unwind and recharge with gentle stretches, deep breathing, and restorative poses that melt away tension. Feel more relaxed, flexible, and centered. Part of the \$25 unlimited class package.

Chair Yoga

Mondays, Wednesdays & Fridays | 2:45 to 3:15pm | Wellness Education Room

Enjoy all the benefits of yoga without getting on the floor. This seated class improves flexibility, breathing, and circulation while keeping movement accessible for everyone.

Fitness & Wellness

Meditation

Tuesdays | 9 to 9:15am | Wellness Education Room

Take 15 minutes to pause, breathe, and reset. Guided meditation helps reduce stress, improve focus, and create a calm start to your day.

Restorative Yoga

Tuesdays, 9:30 to 10:15am | Fridays, 1:45 to 2:30pm | Wellness Education Room

Sink into stillness with supported poses and mindful breathing. This deeply relaxing class soothes the body, eases the mind, and restores inner balance.

Sunday Chair Yoga

Sundays, 1pm to 1:45pm, Wellness Education Room

Stretch, breathe, and flow through gentle movements—all from a chair. Perfect for improving flexibility, circulation, and calmness. Part of the \$25 unlimited class package.

Tai Chi

Tuesdays, Thursdays & Saturdays | 2:30 to 3pm | Wellness Education Room

Move gracefully through slow, flowing motions that build balance, coordination, and peace of mind. A proven way to reduce stress and prevent falls.

Yoga Flow

Mondays | 1 to 1:45pm | Wellness Education Room

Energize your body and clear your mind through flowing yoga sequences that build strength, flexibility, and focus—perfect for a fresh start to the week.

BALANCE, MOBILITY & FUNCTIONAL FITNESS

Balance Class

Wednesdays & Fridays | 11:30am to Noon | Fitness Studio

Stay steady with exercises designed to improve balance, coordination, and body awareness in a fun, supportive setting.

Basic Balance

Thursdays | 1 to 1:30pm | Fitness Studio

Enhance your stability and posture with simple, targeted movements. This class is perfect for anyone looking to reduce fall risk and move with greater confidence.



Balance Class

Fitness & Wellness

Dual Task

Tuesdays and Fridays | 1 to 1:30pm | Fitness Studio

Challenge your mind and body together! Enjoy creative exercises that pair movement with brain games to sharpen coordination, focus, and memory.

Cognitive Exercises

Wednesdays | 12:45 to 1:15pm | Wellness Education Room

Just as our bodies benefit from regular movement, our minds thrive when we stay active, engaged and challenged. Puzzles, memory games, and problem-solving tasks keep your brain sharp and boost your energy and confidence.

Pilates

Mondays, Wednesdays & Fridays | 10 to 10:30am

Wellness Education Room

Strengthen your core, improve posture, and move with control. These low-impact exercises build stability, alignment, and body awareness from the inside out.

Pelvic Floor

Tuesdays, 10:30 to 11am | Fridays, 10:45 to 11:15am

Wellness Education Room

Empower your core with focused exercises that strengthen pelvic floor muscles, improve bladder health, and support overall stability and confidence.

Strong Roots

Wednesdays | 9:15 to 9:45am | Wellness Education Room

Find your inner strength through a blend of yoga, Pilates, and pelvic floor exercises. Build balance, stability, and confidence – grounding yourself from the core outward.

THE WELLNESS DANCE

A Healthy Monthly Social with On-the-Spot-Dance Instruction

For more information plus dates and times, see description under Music and Dance Classes section.



Fitness Club

Fitness & Wellness

THE PLYMOUTH PLACE FITNESS CLUB

Club membership is open to residents and staff who want to go above and beyond in their fitness endeavors through class attendance, personal training achievements, and adherence to personal goals.

For more information, call Stefanie in the Wellness Department at (708) 588-6977 or email her at sdanna@plymouthplace.org.

ROCK STEADY BOXING

The mission of this not-for-profit outside group is to improve the quality of life for people with Parkinson's Disease through a non-contact, boxing-based fitness curriculum.

For more information, call Stefanie in the Wellness Department at (708) 588-6977 or email her at sdanna@plymouthplace.org.

PERSONAL TRAINING

Take your personal fitness journey to another level. Members of the Wellness Team are available by appointment for personal training at a cost of \$50 per 30 minutes.

For more information and appointments, call Stefanie in the Wellness Department at (708) 588-6977 or email her at sdanna@plymouthplace.org.



Lifelong Learning programs at Plymouth Place are partially funded by the Annual Fund appeal. To learn more or to make a tax-deductible donation, visit PlymouthPlaceGiving.org.