HERMOSA FIVE-O CLASS PROPOSAL

City of Hermosa Beach ~ Community Resources Department
710 Pier Avenue, Hermosa Beach, CA 90254
(310) 318-0280 // Fax: (310) 372-4333

Class proposals are presented and voted on at the Advisory Meetings held the first Tuesday of each month at 10:00am in the Hermosa Five-O Senior Activity Center, 710 Pier Avenue. It is recommended that the applicant attend. If approved, the first class must be free and a class evaluation must be completed by each participant. Based on the evaluations, classes can then continue with a maximum class fee of $5 per each hour per person. Classes offered must be "drop-in" where students pay the instructor the day of each class with no pre-registration required. Approved Instructors are charged a $5 per hour room rental fee if they decide to charge for a class. If an instructor offers classes free of charge, they are not charged the room rental fee.

Name: Chanel Garcia Date: 2/10/16

Phone Number:

E-mail:

Proposed Class Title: Bone Health Made Easy

Preferred Day(s) of Week: Open to Any (Thursday) Start and End Time: Open to Any

Proposed Class Fee: $ 5

Class Description: Dr. Ken Howayeck presents an informative discussion on osteoporosis and how to keep yourself in optimum bone health. Possibly bone density screening if I can coordinate this. Attendees will learn how to eat right and make good lifestyle choices to keep their bones strong. Class is facilitated by FirstLight HomeCare in effort to support community and keep our seniors safe.

Proposed Location (Kitchen/Fitness Room or Living Room): Living Room

Background/Experience: Bd Certif. Foot & Ankle Surgeon & Surg Instructor
Author of the book Bone Health Made Easy
Clinical Asst Prof of Surg, Univ Hawaii Sch. of Medicine
Past President, Hawaii Podiatric Medical Assoc

References: in your area!

Name: Phone: Mail:

Name: Phone. Mail

Name Phone: Mail:

Attachment 4

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Name: VINAY P. DABIR. Date: 6/4/2016

Phone Number:

E-mail:

Proposed Class Title: yoga for seniors

Preferred Day(s) of Week: FRIDAY / SATURDAY Start and End Time: 10-11:15am / 9:15-10:30am

Proposed Class Fee: $5 per each hour per person.

Class Description: yoga for good health and happiness/peace of mind.
yoga – pranayam Indian patanjali technique,
Meditation – Gautam Buddha's Vipashana Technique.

Proposed Location (Kitchen/Fitness Room or Living Room): Kitchen / Living Room. completed

Background/Experience: Qualified yoga Teacher from India,
Practicing yoga & medetation since last 23 years.

References: N. A.

Name: Phone: E-mail:

Name: Phone: E-mail:

Name: Phone: E-mail:

Attachment B

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Name: Farrah M. Harder Date: 4/7/16

Phone Number: [redacted]

E-mail: [redacted]

Proposed Class Title: Hawaiian Hula - Beginner

Preferred Day(s) of Week: T, TH (W, avail) Start and End Time: 5pm - 6pm [redacted] time negotiable
Sunday ok as well → 7:30am - 8:30am

Proposed Class Fee: $5/per person (seniors)

Class Description: traditional Hawaiian Hula - (Lehua Class)
Learn Hawaiian Hula from early 1900s to Modern Day. Learn the basic steps to gain the foundation to full songs and dances. Learn Hawaiian Language and the fundamentals of the Aloha Life.

Proposed Location (Kitchen/Fitness Room or Living Room): 1) Fitness Room w/ Floorspace & Mirrors
2) or Living Room w/o mirrors will do.

Background/Experience: Approx. 12 years
Hula Lineage originally from Frank Kawai Kapuokalani Hewett and 4 years with Auntie Noelani McIntosh lineage from Rosalia Montgomery.

References:

Name: [illegible] Phone: [illegible] E-mail: [illegible]

Name: [illegible] Phone: [illegible] E-mail: [illegible]

Name: [illegible] Phone: [illegible] E-mail: [illegible]

Attachment C

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Name: *Sharkie Zartman* Date: *4/26/16*

Phone Number: _____

E-mail: _____

Proposed Class Title: Take on Aging as a Sport; The Athletic Approach to Aging

Preferred Day(s) of Week: Wednesday Start and End Time: Late Afternoon

Proposed Class Fee: 0$ A one time presentation

Class Description:

A one hour presentation comparing the challenges of aging to the logistics, training and experiences of a world class athlete, Sharkie compels you think about growing older as a sport where you connect with your inner athlete, meet your competition head on and beat aging at it's own game. All students will receive a free copy of *Shark Sense; Getting in Touch with Your Inner Shark.*

Proposed Location (Kitchen/Fitness Room or Living Room): Living Room

Background/Experience:

Sharkie Zartman is a former All-American volleyball athlete and champion competitor at UCLA where her jersey was retired. She was a member of the U.S. Women's National Volleyball Team and also competed in the Women's Professional Volleyball Association for five years and is a member of the California Beach Volleyball Hall of Fame located in Hermosa Beach. As a coach, Sharkie led El Camino College to nine league and two state titles, and with her husband, Pat helped the South Bay Spoilers club team win multiple national titles. Sharkie holds degrees in kinesiology and instructional technology. She teaches health and yoga at the community college and hosts "Sharkie's Pep Talk" on Healthy Life Radio. Sharkie is a certified health coach with the official sanction of the New Your State Education Department and the Institute of Integrative Nutrition. She is the author of five books.

Her new book coming this summer is "Take on Aging as a Sport; The Athletic Approach to Aging." The publisher is Motivational Press

Attachment D