

# CLASSES FOR FUN, LEARNING AND SOCIABILITY

**PAPER CUTTING**:-Thursday, October 14, 9:30am. You will design mobiles and works of art using just scissors and paper. No cost

**STAMPING**: 9:30am, Fridays, October 1, 8, 15, 22, and 29. Call for details. **NOTE TIME CHANGE.**

**TRIVIA**: Wednesday's with Randy, October 6 & 20 at 1pm. Two prizes awarded each session. Fills fast, call now. Win a free lunch at the Easton Village Store!

**CHAIR/BALL EXERCISE!!** **FREE!** Improve bone health, circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Fridays, October 1, 8, 15, 22 & 29 at 10am.

**MAHJONG**: Call Jan Tuccillo 203 259-7463. Tuesdays, October 5, 12, 19 & 26. 12noon-3:00pm.

**CARDS**: BRIDGE, DUPLICATE BRIDGE, PINOCHLE . Find a vaccinated group or partners, and plan a session! Call to sign up, we can help organize.

## EXERCISE PROGRAMS

**YOGA**: Tues., October 5, 12, 19 & 26 at 8:45am. Yoga is aimed to unite the mind, the body, and the spirit. Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$7. Instructor: Christine Preston

**VINYASA YOGA** with Christine Preston. Thurs, October 7, 14, 21 & 28 at 8:45am. Cost \$7.00.

**WEIGHT TRAINING**: Wednesday, October 6, 13, 20 & 27 at 9am. Geared toward individuals 50 years and older to prevent the weakening of muscles. You will be using weights (available at the center) Cost \$7. Instructor, Diane Tatnall

**RESISTANCE BAND CLASS**: Mondays, October 4, 18 & 25 at 9am. This is a **FREE** class. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane Tatnall.

**BALANCE AND CORE**: Weds, October 6, 13, 20 & 27 at 10:00am. This class is designed for seniors to gently increase coordination, balance and core strength. This **FREE** class is provided by a donation from the Jones Phillips Foundation. Instructor Diane Tatnall.

**ART /WATERCOLOR**:-Thurs., October 7, 14, 21 & 28 at 9:30am. Improve your technique through instruction and guidance. Instructor: Robert Casilla. Cost \$10. Renowned Artist that specializes in book illustrations.

**KNITTING AND CROCHETING**: We have plenty of wool, needles and yarn that you can take home to knit.

**CHARITY QUILTING** : has continued throughout COVID & has donated many wonderful quilts to different organizations. Call if you would like to participate. Mon., October 4 at 10am.

**WEAVING**: Classes have started. Friday as well as the day of your choice at 9am. Please call to sign up. No more than 6 people at one time. Fridays, October 1, 8, 15, 22, 29

**HELPERS NEEDED TO PROCESS THE NEWSLETTER**  
Call to register.

**NIMBLE FINGERS**: Thurs., October 28, 10am-12noon. Quilters, knitting, crocheting by hand. Pat Glaser.

## KEEPING HEALTHY

**MASSAGE/ACUPUNCTURE**: Tuesdays, October 5, 12, 19 & 26 and Wednesdays, October 6, 13, 20 & 27, Call immediately to schedule your appointment with Beth. 60 minutes for \$55.00. **NOTE DATE CHANGE!**

**BLOOD PRESSURE TESTING**: Second Monday of every month, October 18 10:00am. Sponsored by Easton EMS.

**MANICURES AND PEDICURES**: Mondays, October 4, 18 & 25 at 10am-2:00pm by appointment. Mani/\$15, Pedi/\$15, Theresa Lomax. Call for an appointment

## SERVICES

**ALTERATIONS**: Luisa Konstantino, Tuesday October 5 and 12 at 9:00am. By appointments only, with clothing returned one week after drop off. (Note: not avail. 10/19 or 26th)

**HAIRCUTS**: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. October 1, 8, 15, 22 & 29

**TAI CHI**: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, October 5th, 12, 19, 26 at 2:15pm. Tai Chi is open to all levels. We begin with a short guided meditation preparing the mind to enhance the ancient arts for it healing. It can be practiced for strength, balance, improved cognition, calmness & agility. Cost \$7.00

**PLEASE NOTE**: *The center will be closed Monday October 11 for Columbus Day*