

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING: Please note there will be no class in January or February. Design mobiles and works of art using just scissors and paper. \$3.00 per class.

STAMPING: Fridays, January 7, 14, 21 & 28 at 9:30am. Come in and make some remarkable notecards, special holiday cards, etc. \$3.00 per class. Joyce Bottone.

VALENTINE CARDS: Come in to make special Valentine Day Cards on Jan. 28, 10:30-11:30am with Joyce. \$3.00

WEDNESDAY GAME DAY: Come join Randy every Wednesday at noon for Trivia, Jeopardy, Family Feud, Hangman, etc. **STARTS** at NOON. Prizes may be awarded! Bring in your lunch, snack, etc. Jan. 5, 12, 19 & 26.

MAHJONG: Call Jan Tuccillo 203 259-7463. Tuesdays, January 4, 11, 18 & 25 at 12noon-3:00pm.

DOMINOES: Players needed!! Newcomers welcome! You don't need to know how to play. Wednesday mornings 9am-12noon. Call to sign up!

CARDS: BRIDGE, DUPLICATE BRIDGE, PINOCHLE . Find a vaccinated group or partners, and plan a session!

EXERCISE PROGRAMS

YOGA: Tues., January 4, 11, 18 & 25 at 8:45am. Yoga is aimed to unite the mind, the body, and the spirit, helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Christine Preston

VINYASA YOGA: With Christine Preston. Thurs., Jan. 6, 13, 20, and 27. 8:45am. Cost \$8.

WEIGHT TRAINING: Wednesday, January 5, 12, 19 & 26 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (available at the center) Cost \$7. (includes all 3 classes at no extra charge Instructor Diane Tatnall).

RESISTANCE BAND CLASS: Mondays, January 3, 10, 24 & 31 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane Tatnall. \$2.00 per class.

BALANCE AND CORE: Weds, January 5, 12, 19 & 26 at 10:00am. This class is designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall. \$2.00 per class

CHAIR/BALL EXERCISE!! Improve bone health, circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Friday, January 7, 14, 21 & 28 at 10am. \$2.00 per class.

PAINTING AND DRAWING CLASS: Thurs., January 6, 13, 20 & 27 at 9:30am. Improve your water color and acrylic painting skills. You can also learn how to draw with pencil, colored pencil and charcoal. 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. Fridays 9:30 am January 7, 14, 21 & 28.

CHARITY QUILTING : has continued throughout COVID & has donated many wonderful quilts to different organizations. January 3 & 31.

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. Friday, January 7, 14, 21 & 28.

NIMBLE FINGERS: Call for December date. Quilters, knitting, crocheting by hand. Pat Glaser.

KEEPING HEALTHY

MASSAGE/ACUPUNCTURE: Tues. January 4, 11, 18, 25, & Weds., January 5, 12, 19 & 26. Call immediately to schedule your appointment with Beth. 60 minutes for \$55.00.

BLOOD PRESSURE TESTING: Second Monday of every month, January 11, 10:00am. Sponsored by Easton EMS. This service can be a life saver

MANICURES AND PEDICURES: Mon., January 3, 10, 24 & 31 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20, Theresa Lomax. Call for an appt.

SERVICES

ALTERATIONS: Luisa Konstantino, Tuesday January 4, 11, 18 & 25 at 9:00am. By appointments only, with clothing returned one week after drop off. Modest Fee

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. January 7, 14, 21 & 28.

BRAND NEW CLASS

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, January 4, 11, 18 & 25 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 a session