

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING: -Thursday, Nov. 4, 9:30am. You will design mobiles and works of art using just scissors and paper. No cost

STAMPING: 9:30am, Fridays, Nov. 5, 12, 19. Come in and make some remarkable notecards.

TRIVIA: Wednesday's with Randy, November 10 & 17 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. Friday, November 5, 12 & 19 at 10am.

MAHJONG: Call Jan Tuccillo 203 259-7463. Tuesdays, November 2, 9, 16, 23 & 30, at 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.

ART /WATERCOLOR: -Thurs., November 4, 11, 18 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., Nov. 1, 22 & 29 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. Friday, November 5, 12, 19

HELPERS NEEDED TO PROCESS THE NEWSLETTER Call to register.

NIMBLE FINGERS: Thurs., November 18, 10am-12noon. Quilters, knitting, crocheting by hand. Pat Glaser.

EXERCISE PROGRAMS

YOGA: Tues., November 2, 9, 16, 23 & 30 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, November 4, 11, 18 at 8:45am. Cost \$7.00.

WEIGHT TRAINING: Wednesday, November 3, 10 & 17 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, November 1, 8, 15, 22 & 29 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, November 3, 10 & 17 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.

KEEPING HEALTHY

MASSAGE/ACUPUNCTURE: Tuesday, Nov. 2, 9, 16, 23, 30 and Wednesdays, Nov. 3, 10, 17, Call immediately to schedule your appointment with Beth. 60 minutes for \$55.00. **NOTE DATE CHANGE!**

BLOOD PRESSURE TESTING: Second Monday of every month, November 8, 10:00am. Sponsored by Easton EMS.

MANICURES AND PEDICURES: Monday, Nov. 1, 8, 15, 22, 29 at 10am-2:00pm by appointment. Mani/\$15, Pedi/\$15, Theresa Lomax. Call for an appointment

SERVICES

ALTERATIONS: Luisa Konstantino, Tuesday Nov. 2, 9, 16, 23, 30, at 9:00am. By appointments only, with clothing returned one week after drop off.

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. November 5, 12, 19.

TAI CHI: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, Nov. 2, 9, 16, 23, 30 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