

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING:-Design mobiles and works of art using just scissors and paper. \$3.00 per class. Thurs., April 14

STAMPING: Fridays, April 1, 8, 22 & 29 at 9:30am. Come in and make some remarkable notecards, special holiday cards, etc. \$3.00 per class. Joyce Bottone.

WEDNESDAY GAME DAY: Come join Randy Weds. at 1pm for Trivia, Jeopardy, Family Feud, Hangman, etc. STARTS at 1PM. Prizes may be awarded! Bring in your lunch, snack, etc. Must sign up for each game. April 6, 13 & 27; see previous page.

MAHJONG: Call the Center @ 203-268-1145 for more information. Meets every Tuesday, 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers welcome! You don't need to know how to play. Wednesday mornings April 6, 13,20,27, 9am-12noon. Call to sign up!

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

PAINTING AND DRAWING CLASS:- Thurs., April 7, 14, 21 & 28 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.

CHARITY QUILTING : has continued throughout COVID and has donated many wonderful quilts to different organizations. Monday, April 4 & 18.

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, April 1, 8, 22 & 29

DISCUSSION GROUP: Tired of sitting on your own, surviving thru Covid with no one to talk too? Watching doom and gloom on the media? Let's get together for coffee & dessert. Bring your topic to discuss and share your views with Val on Weds, April 20th at 1pm.

BOWLING CLUB: Brand new bowling group forming. Every Weds. From 12-3pm. Call to sign up. Starting September.

EXERCISE PROGRAMS

YOGA: Tues., April 5, 12, 19, 26 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. Thursday, April 7, 14, 21, 28 at 8:45am. Cost \$8.

WEIGHT TRAINING: Wednesday, April 6, 13, 20, 27 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (available at the center) Cost \$8. (includes all 3 classes at no extra charge Instructor Diane Tatnall).

RESISTANCE BAND CLASS: Monday, April 4, 11, 18, 25 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane Tatnall. \$3.00 per class.

BALANCE AND CORE: Weds, April 6, 13, 20, 27 at 10:00am. This class is designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall. \$3.00 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, April 1, 8, 22, 29 at 10am. \$3.00 per class.

KEEPING HEALTHY

MASSAGE/ACUPUNCTURE: Tues. April 5, 12, 19, 26 & Weds., April 6, 13, 20, 27. Call immediately to schedule your appointment with Beth. 60 mins. for \$55.00.

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

MANICURES AND PEDICURES: Mon., April 4, 11, 18, 25 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20. Theresa Lomax. Call for an appt.

SERVICES

ALTERATIONS: Luisa Konstantino, Note date change April 4th, 11, 19, 26 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. April 1,8, 22, 29

NEW CLASS

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, April 5, 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 a session