

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING Thurs., March 16 at 9:30am.

STAMPING: Friday, March 3, 10, 17, 24, 31 at 9:30am with Joyce Bottone. Come in & make some beautiful cards, notecards & Passover and Easter cards, etc.

MAHJONG: Call the Center @ 203.268.1145 for more information Tues., March 7, 14, 21, 28 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers You don't need to know how to play. Weds., March 1, 8, 15, 22, 29 at 9am-12noon. Sign up!

CARDS: BRIDGE, DUPLICATE BRIDGE, PINOCHLE . Call for the name of a group or needed partners and choose a time to play.

SUBSTITUTES needed for Bridge! Monday's at 12:30 call Gloria Katz 203-372-1913 to sign up.

****MEDITATION CLASS**** Tuesday, March 21 10am.

****LINE DANCING**** Friday, March 3, 17, 31 at 9am. This is a beginner FREE CLASS! Come enjoy line dancing with Diane Tatnall have fun while burning calories! Sign up today!

EXERCISE PROGRAMS

YOGA: Tues., March 7, 14, 21, 28 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 \$7. Christine Preston

VINYASA YOGA: With Christine Preston. Thursday, March 2, 9, 16, 23, 30 at 8:45am. Cost \$7.

WEIGHT TRAINING: Wednesday, March 1, 8, 15, 22, 29 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (available at the center) (includes all 4 classes at no extra charge). Instructor Diane Tatnall.

RESISTANCE BAND CLASS: Monday, March 6, 13, 20, 27 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

BALANCE AND CORE: Weds, March 1, 8, 15, 22, 29 at 10:00am. This class is designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall.

CHAIR/BALL EXERCISE!! Improve bone health, circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Friday, March 3, 10, 17, 24, 31 at 10am.

\$8.00 per month includes Diane's 4 classes!

PAINTING AND DRAWING CLASS:- Thurs., March 2, 9, 16, 23, 30 at 9:30am. Improve your water color & 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.

WEAVING: Weaving room now avail. Mon. thru Fri. 9am-3pm Instructor attends Friday session. \$8.00 per month.

SPECIAL KNITTING/PURCHASE PROJECT FOR THE WHOLE COMMUNITY: In preparation for our Fall Boutique our Friday knitting club will start to knit or crochet scarves, gloves, hats and blankets.. FREE Yarn and needles available

*****NEW CLASS: FAMILY JOURNAL:***** Join Joyce Bottone on Fri., March 24 10:30-11:30 for an orientation on making a family journal from past and/or present. Bring in your family photo's, newspaper clippings, etc. Joyce will show you how to put together this great project! Then meet Friday April 14, 21 & 28 to complete your journal.

KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues., March 7, 14, 21, 28 and Weds., Feb., 1, 8, 15, 22.. Please call to check schedule and make your appointment with Beth. 60 mins. for \$60.00.

MANICURES AND PEDICURES: Mon., March 6, 13, 20, 27 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20. Theresa Lomax. Call for an appt.

SERVICES

ALTERATIONS: Luisa Konstantino, March 1, 13, 21, 28 at 9:00am. By appointments, Clothing returned one week after drop off. Modest Fee.

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. March 3, 10, 17, 24, 31

CLASS

TAI CHI: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, March 7, 14, 21, 28 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