

CLASSES FOR FUN, LEARNING AND SOCIABILITY

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

STAMPING: Fridays, February 4, 11, 18, 25 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 every Wednesday at 1pm for Trivia, Jeopardy, Family Feud, Hangman, etc. STARTS at 1PM. Prizes may be awarded! Bring in your lunch, snack, etc. February 2, 9, and 23. **MUST SIGN UP!**

MAHJONG: Call Jan Tuccillo 203 259-7463. Meets every Tuesday, 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!

PAINTING AND DRAWING CLASS: Thurs., January 3, 10, 17, 24 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 9:30am, February 4, 11, 18, 25.

CHARITY QUILTING : has continued throughout COVID & has donated many wonderful quilts to different organizations. Monday, February 7, 14 & 28

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, February 4, 11, 18, 25.

NIMBLE FINGERS: Thursday, February 24, 10am-12noon. Quilters, knitting, crocheting by hand. Pat Glaser.

EXERCISE PROGRAMS

YOGA: Tues. February 1, 8, 15, 22 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, February 3, 10, 17, 24 at 8:45am. Cost \$8.

WEIGHT TRAINING: Wednesday, February 2, 9, 16, 23 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, February 7, 14, 28 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, February 2, 9, 16, 23 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, Feb. 4, 11, 18, 25 at 10am. \$3.00 per class.

KEEPING HEALTHY

MASSAGE/ACUPUNCTURE: Tues. February 1, 8, 15, 22 & Weds., February 2, 9, 16, 23. Call immediately to schedule your appointment with Beth. 60 minutes for \$55.00.

BLOOD PRESSURE TESTING: Second Monday of every month, February 14, 10:00am. Sponsored by Easton EMS. This service can be a life saver

MANICURES AND PEDICURES: Mon., February 7, 14, 28 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20. Theresa Lomax. Call for an appt.

SERVICES

ALTERATIONS: Luisa Konstantino, Tuesday, February 1, 8, 15, 22 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. February 4, 11, and 25.

BRAND NEW CLASS

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, February 1, 8, 15 & 22 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