

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING: Design mobiles and works of art using just scissors and paper. Thurs., May 12.

STAMPING: Fridays, May 6, 13, 20, 27 at 9:30am. Come in and make some remarkable notecards, special holiday cards, etc. \$3.00 per class. Joyce Bottone.

WEDNESDAY TRIVIA DAY: May 4 & 25

MAHJONG: Call the Center @ 203-268-1145 for more information. Meets every Tuesday, May 3, 10, 17 & 24, 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers welcome! You don't need to know how to play. Wednesday mornings May 4, 11, 18 & 25, 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.

PAINTING AND DRAWING CLASS: Thurs., May 5, 12, 19, 26 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, May 2 & 16.

WEAVING: Classes have started. Friday as well as the day of your choice at 9am. Please call to sign up. Friday's.

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

SPECIAL KNITTING/PURCHASE PROJECT FOR THE WHOLE COMMUNITY: In preparation for the colder months of 2022 for the people who are able to return home in the Ukraine, we will knit or purchase scarves, gloves or hats. Wool and knitting needles are available at the center anytime of the week. Any size or shape or pattern is acceptable and available.

EXERCISE PROGRAMS

YOGA: Tues., May 3, 10, 17, 24 & 31 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, May 5, 12, 19 & 26 at 8:45am. Cost \$8.

WEIGHT TRAINING: Wednesday, May 4, 11, 18, & 25 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, May 2, 9, 16, 23 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane Tatnall. \$3.00.

BALANCE AND CORE: Weds, May 4, 11, 18, 25 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, May 6, 13, 20, 27 at 10am. \$3.00 per class.

KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues. May 3, 10, 17, 24 Weds., May 4, 11, 18, 25 Call immediately to schedule your appointment with Beth. 60 mins. for \$55.00. Please note no massage/acupuncture on May 31 and June 1st.

BLOOD PRESSURE: Will resume in the fall.

MANICURES AND PEDICURES: Mon., May 2, 9, 16, 23 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20. Theresa Lomax. Call for an appt.

SERVICES

ALTERATIONS: Luisa Konstantino, Tues., May 3, 10, 17, 24, 31 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. May 6, 13, 20, 27

NEW CLASS

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, May 3, 10, 17, 24 & 31 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