

CLASSES FOR FUN, LEARNING AND SOCIABILITY

QUILTING/SEWING: Great for beginners! Call to sign up! Monday, February 5 & 26, 10am.

MAHJONG: Call the Center @ 203-268-1145 for more information Tues., Feb. 6, 13, 20, 27, 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers you don't need to know how to play. Weds., Feb., 7, 14, 21, 28 at 9am-12noon. Sign up!

RUMIKUB: Weds., Feb. 7, 14, 21, 28 at 1pm Looking for players, easy to learn! Call to sign up

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

****LINE DANCING**** Friday, Feb., 2, 9, 16, 23 at 9am. This is a beginner **FREE CLASS!** Come enjoy line dancing with Diane Tatnall and have fun while burning calories! Sign up today!

******NEW YOGA CLASS:** Deep muscle stretch & release joints & fascia. Slow, mindful, meditative. Floor poses 3-4 mins guided into deep relaxation with Elaina. Weds., Feb. 7, 21, 28 at 9am. \$8.00. Please call and sign up!!!

PAINTING AND DRAWING CLASS: Thurs. Feb., 1, 8, 15, 22, 29 at 9:30am. Improve your watercolor & 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 illustration.

WEAVING: Weaving room avail. Mon. thru Fri. 9am-3pm Instructor Barbara Hurley attends Friday session. \$8/month.

SPECIAL KNITTING PROJECT FOR THE WHOLE COMMUNITY: In preparation for our annual sales. knit or crochet scarves, gloves, hats and blankets. Yarn and needles avail. Free of charge.

SCRABBLE: Friday afternoons call to sign up!

CHORUS: Mondays at 2pm. Please call if you are interested! Tenors or Baritones needed. Feb. 5, 12 & 26.

Popular Participation in yoga classes may reduce costs.

BRIDGE GROUP OF 4. Welcome anytime. Call to make a special day and time. Want to be a bridge sub?

EXERCISE PROGRAMS

YOGA: Tues., Feb. 6, 13, 20, 27 at 9:00am. Yoga aims to unite the mind, body, and the spirit, and helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$6. Christine Preston

GENTLE YOGA: With Christine Preston. Thursday, Feb. 1, 8, 15, 22, 29 at 9:00am. Cost \$6.

WEIGHT TRAINING: Wednesday, Feb., 7, 14, 21, 28 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, Feb., 5, 12, 26 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

BALANCE AND CORE: Weds, Feb., 7, 14, 21, 28 at 10:00am. Designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall.

CHAIR/BALL EXERCISE!! Improve bone health and circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Friday, Feb. 2, 9, 16, 23, at 10am.

\$14.00 per month includes Diane's 4 classes!

KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues., Feb., 6, 13, 20, 27 and Weds., Feb., 7, 14, 21, 28. Please call to check schedule and make your appointment with Beth. 60 mins. for \$65.

MANICURES AND PEDICURES: *Monday's from 10am-2pm. \$20. Manicure; \$20. Pedicure. Nail cutting will be \$10. Please call 1 week prior to make an appointment with Theresa. Mon., Feb. 5, 12, 26.*

SERVICES

ALTERATIONS: Seamstress Luisa Konstantino, Tues., Feb. 6, 13, 20, 27 9:00am-12noon. Please call to make an appt.

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon. Women \$20. & Men \$15. Feb., 2, 9, 23.

CLASS

TAI CHI: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, Feb. 6, 13, 20, 27 at 2:00pm. Tai Chi is open to all levels. We begin with a short guided meditation preparing the mind to enhance the ancient arts for its healing. It can be practiced for strength, balance, to improve cognition, calmness & agility. Cost \$7 a session.

All services follow State health regulations