

# CLASSES FOR FUN, LEARNING AND SOCIABILITY

QUILTING/SEWING: Great for beginners! Jan. 22 and 29th. Call to sign up!

MAHJONG: Call the Center @ 203.268-1145 for more information Tues., Jan. 2, 9, 16, 23, 30 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers you don't need to know how to play. Weds., Jan. 3, 10, 17, 24, 31, at 9am-12noon. Sign up!

RUMIKUB: Weds., Jan. 3, 10, 17, 24, 31 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\*\* BY POPULAR DEMAND!!!** Friday, Jan. 5, 12, 19, 26 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. Elaina Weds., Jan., 17, 24,31 at 9am. \$8.00. Please call and sign up!!!

## EXERCISE PROGRAMS

YOGA: Tues., Jan. 2, 9, 16, 23, 30 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

YIN YOGA: With Christine Preston. Thursday, Jan. 4, 11, 18, 25 at 9:00am. Cost \$6.

WEIGHT TRAINING: Wednesday, Jan. 3, 10, 17, 24, 31 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, Jan. 8, 22, 29 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

BALANCE AND CORE: Weds, Jan. 3, 10, 17, 24, 31 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, Jan. 5, 12, 19, 26 at 10am.

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

PAINTING AND DRAWING CLASS: Thurs. Jan. 4, 11, 18, 25 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 children's books.

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; our Friday knitting club meets at 10am. knit or crochet scarves, gloves, hats and blankets. Yarn and needles avail.

SCRABBLE PLAYERS WANTED; FRIDAY AFTERNOON CALL TO SIGN UP!!!!

CHORUS: Mondays at 2pm. Please call if you are interested! Tenors or Baritones needed. Will not meet in January.

Do you know someone who knows how to crochet? We are looking for someone who can teach lessons!

PRIVATE BRIDGE: Group of 4. Would you like to book your group? Fridays at 11am

## KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues., Jan. 2, 9, 16, 23, 30 and Weds., Jan. 3, 10, 17, 24, 31 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. Please call 1 week prior to make an appointment with Theresa. Jan. 8, 22, 29*

## SERVICES

ALTERATIONS: Seamstress Luisa Konstantino, Tues., Jan. 8, 15, 22, 29. 9:00am-12noon. Please call to make an appt.

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. Jan. 5, 12, 19, 26.

### —CLASS—

TAI CHI: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, Jan. 2, 9, 16, 23, 30 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