

CLASSES FOR FUN, LEARNING AND SOCIABILITY

QUILTING/SEWING: Great for beginners! Call to sign up! Monday, March 4 & 25. 10am.

MAHJONG: Call the Center @ 203-268-1145 for more information Tues., March 5, 12, 19, 26 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers you don't need to know how to play. Weds., March 6, 13, 20, 27 at 9am-12noon. Sign up!

RUMMIKUB: Weds., March 6, 13, 20, 27 at 1pm easy to learn, all welcome! Call to sign up.

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

PAINTING AND DRAWING CLASS: Thurs. March 7, 14, 21, 28 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 1:45pm. Join our sensational chorus- Please call if you are interested! Tenors or Baritones needed. March 4, 11, 18, 25.

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

EXERCISE PROGRAMS

****LINE DANCING**** Friday, March 1, 8, 15, 22 at 9am. This is a beginner **FREE CLASS!** Come enjoy line dancing with Diane Tatnall and have fun while burning calories! Sign up today!

YOGA: Tues., March 5, 12, 19, 26 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, March 7, 14, 21, 28 at 9:00am. Cost \$6.

WEIGHT TRAINING: Wednesday, March 6, 13, 20, 27 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 4, 11, 18, 25 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

BALANCE AND CORE: Weds, March 4, 11, 18, 25 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, March 1, 8, 15, 22 at 10am.

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

SERVICES

MASSAGE/ACCUPUNCTURE: Tues., March 5, 12, 19, 26 and Weds., March 6, 13, 20, 27. Beth is a Nationally Board Certified + State Licensed Acupuncturist. 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., March 4, 11, 18, 25*

ALTERATIONS: *Seamstress Louisa Konstantino., Tues., March 19, 26, 9am-12noon. Call to make appt.*

HAIRCUTS: *Maria Shapiro. Fridays by appt. only, 9am-12noon. Women: \$20. Men \$15. March 1, 8, 15, 22.*

NEW EXERCISE CLASSES

YOGA: Go deeper than the muscles to stretch & release joints and fascia. In this slow, mindful, meditative yoga practice you will be in supported, floor poses for 3-4 mins. While you are guided into deep relaxation & release through pranayama, guided meditation or meditative readings. With Elaina. Weds., March 6. 13, 20, 27, 9am. \$8.

TAI CHI: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, March 5, 12, 19, 26 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.