

CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING Thurs., May 11. at 9:30am.

STAMPING: Friday's at 9:30am with Joyce Bottone. Come in & make some beautiful cards, notecards. Will resume in the fall!

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

MEXICAN DOMINOES: Players needed!! Newcomers you don't need to know how to play. Weds., May 3, 10, 17, 24, 31 at 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. No Bridge Monday, May 29.

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

****LINE DANCING** BY POPULAR DEMAND!!!** Friday, May 5 & 19 at 9am. This is a beginner **FREE CLASS!** Come enjoy line dancing with Diane Tatnall and have fun while burning calories! Sign up today! You don't have to know how to dance!

EXERCISE PROGRAMS

YOGA: Tues., May 2, 9, 16, 23, 30 at 8:45am. Yoga aims to unite the mind, the body, and the spirit, and helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$7. Christine Preston

VINYASA YOGA: With Christine Preston. Thursday, May 4, 11, 18, 25 at 8:45am. Cost \$7.

WEIGHT TRAINING: Wednesday, May 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, May 1, 8, 15, 22 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

BALANCE AND CORE: Weds, May 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 May 5, 12, 19, 26 at 10am.

\$8.00 per month includes Diane's 4 classes!

PAINTING AND DRAWING CLASS: Thurs., May 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 book illustrations.

WEAVING: Weaving room avail. Mon. thru Fri. 9am-3pm Instructor Barbara Hurley attends Friday session. \$8 per 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 available. We are still collecting YARN!

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

******MEDITATION****** with Nature. Enjoy our outside garden with Christine Preston. Open House May 24.

OUTSIDE GAMES: Will be avail. Ask at the desk! Weather permitting. Grab a friend!

KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues., May 2, 9, 16, 23, 30 and Weds., May 3, 10, 17, 24, 31 Please call to check schedule and make your appointment with Beth. 60 mins. for \$60.

MANICURES AND PEDICURES: Monday, May 1, 8, 15, 22, 10am-2pm. \$20. Manicure; \$20. Pedicure. Please call to make an appointment with Theresa.

SERVICES

ALTERATIONS: Luisa Konstantino, Tues., May 2, 9, 16, 23, 30 at 9:00am. By appointment; Clothing returned one week after drop off. Modest Fee.

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

CLASS

TAI CHI: Please note this is an afternoon session. Debbie Goldenburg. Tuesday, May 2, 9, 16, 23, 30 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 its healing. It can be practiced for strength, balance, improve cognition, calmness & agility. Cost \$7 a session.