

# CLASSES FOR FUN, LEARNING AND SOCIABILITY

**QUILTING/SEWING:** Great for beginners! Call to sign up! Monday, May 6 & 20 at 10am.

**MAHJONG:** Call the Center @ 203-268-1145 for more information Tues., May 7, 14, 21, 28, 12noon-3:00pm.

**MEXICAN DOMINOES:** Players needed!! Newcomers you don't need to know how to play. Weds., May 1, 8, 15, 22, 29 at 9am-12noon. Sign up!

**RUMMIKUB:** Weds., May 1, 8, 15, 22, 29 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. May 2, 9, 16, 23, 30 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 interested! Tenors or Baritones needed. Monday, May 6, 13, 20

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

## EXERCISE PROGRAMS

**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 .with Elaina. Weds., May 1, 8, 15, 22, 29 9am. \$8.

**YOGA:** Tues., May 7, 14, 21, 28 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 \$5. Christine Preston

**GENTLE YOGA:** With Christine Preston. Thursday, May 2, 9, 16, 23, 30 at 9:00am. Cost \$5

**WEIGHT TRAINING:** Wednesday, May 1, 8, 15, 29 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (avail. at the center).

Instructor Diane Tatnall.

**RESISTANCE BAND CLASS:** Monday, May 6, 13 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane T.

**BALANCE AND CORE:** Weds, May 1, 8, 15, 29 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 3, 10, 17, 31 at 10am.

Please note there will be no classes for Diane May 20-24

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

## SERVICES

**MASSAGE/ACUPUNCTURE:** Tues., May 7, 14, 21, 28 and Weds., May 1, 8, 15, 22, 29 Beth is a Nationally Board Certified + State Licensed Acupuncturist. 0 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., May 6, 13, 20*

**ALTERATIONS:** *Seamstress Louisa Konstantino., Tues., May 21, 28, 9am-12noon. Call to make appt.*

**HAIRCUTS:** *Maria Shapiro. Fridays by appt. only, 9am-12noon. Women: \$20 . Men \$15. May 3, 10, 17, 24, 31*

## NEW EXERCISE CLASSES

**LINE DANCING:** This is a beginner **FREE CLASS!** Come enjoy line dancing with Diane and have FUN while burning calories! You do NOT need to be a dancer!! Sign up today! Friday, May 3, 10, 17, 31, 9am

**TAI CHI:** *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, May 7, 14, 21, 28 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.