

# CLASSES FOR FUN, LEARNING AND SOCIABILITY

PAPER CUTTING Thurs., December 8 at 9:30am.

STAMPING: Friday, Dec. 2, 9, 16, 9:30am with Joyce Botone. Come in & make some beautiful cards, notecards & holiday cards, etc.

MAHJONG: Call the Center @ 203.268.1145 for more information Tuesday, Dec. 6, 13, 20, 12noon-3:00pm.

MEXICAN DOMINOES: Players needed!! Newcomers You don't need to know how to play. Weds., Dec., 7, 14, 21 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.

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

**\*\*MEDITATION CLASS\*\*** Tuesday, Dec. 13, 10am.

**\*\*LINE DANCING\*\*** Friday, Dec. 9, 9am. This is a new **FREE CLASS!** Come enjoy line dancing with Diane Tatnall have fun while burning calories! Sign up today!

## EXERCISE PROGRAMS

YOGA: Tues., Dec. 6, 13, 20 at 8:45am. Yoga is aimed to unite the mind, the body, and the spirit, helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Christine Preston

VINYASA YOGA: With Christine Preston. Thursday, Dec., 1, 8, 15, 22 at 8:45am. Cost \$8.

WEIGHT TRAINING: Wednesday, Dec., 7, 14, 21 at 9am. Geared toward individuals to prevent the weakening of muscles. You will be using weights (available at the center) Cost \$8. (includes all 4 classes at no extra charge). Instructor Diane Tatnall.

RESISTANCE BAND CLASS: Monday, Dec., 5, 12, 19 at 9am. This exercise class is for those wanting to increase muscle tone and strength. Instructor, Diane Tatnall. \$8.00 Includes all 4 classes.

BALANCE AND CORE: Weds, Dec., 7, 14, 21 at 10:00am. This class is designed for seniors to gently increase coordination, balance and core strength. Instructor Diane Tatnall. \$8.00 includes all 4 classes.

CHAIR/BALL EXERCISE!! Improve bone health, circulation, and improve your mood! Come join Diane Tatnall for another fun class!! No equipment needed. Friday, Dec., 2, 9, 16 at 10am. \$8.00 incl. all 4 classes.

PAINTING AND DRAWING CLASS: Thurs., Dec., 1, 8, 15, 22 at 9:30am. Improve your water color & 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.

CHARITY QUILTING : has continued throughout COVID and has donated many wonderful quilts to different organizations. Call the center for info.

WEAVING: Weaving room now avail. Mon. thru Fri. 9am-3pm Instructor attends the Friday session.

SPECIAL KNITTING/PURCHASE PROJECT FOR THE WHOLE COMMUNITY: In preparation for the colder months of 2022 for the people who are able to return home in the Ukraine, we will knit or purchase scarves, gloves, hats, blankets. Wool and knitting needles are available at the center anytime of the week. Any size or shape or pattern is acceptable and available.

CROCHET & KNITTING: Friday's 9:30am. We have hooks, needles, wool and yarn! A social group!

## KEEPING HEALTHY

MASSAGE/ACCUPUNCTURE: Tues., Dec., 6, 13, 20 Weds., Dec., 7, 14, 21 Call immediately to schedule your appointment with Beth. 60 mins. for \$55.00.

BLOOD PRESSURE TESTING Will resume in January.

MANICURES AND PEDICURES: Mon., Dec., 5, 12, 19 at 10am-2:00pm by appointment. Mani/\$20, Pedi/\$20. Theresa Lomax. Call for an appt.

## SERVICES

ALTERATIONS: Luisa Konstantino, Tues., Dec. 6, & 13 at 9:00am. By appointments, Clothing returned one week after drop off. Modest Fee. Note dates.

HAIRCUTS: Maria Shapiro Fridays by appt. only, 9am-12noon . Women \$20. & Men \$15. Dec., 2, 9, 16

### CLASS

TAI CHI: *Please note this is an afternoon session.* Debbie Goldenburg. Tuesday, Dec., 6, 13, 20 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 it healing. It can be practiced for strength, balance, improved cognition, calmness & agility. Cost \$7.00 a session