

NEW EXCITING JUNE PROGRAMS

SENIOR CENTER HOURS ARE M-F 8:00AM-3:30PM

PLEASE CHECK THE ADJOINING CALENDAR PAGE FOR DAYS AND TIMES FOR THE FOLLOWING PROGRAMS & SERVICES.

<p><u>STAYING IN SHAPE</u> YOGA TAI CHI BALANCE AND STRETCH ZUMBA GOLD WEIGHT LIFTING</p>	<p><u>SERVICES</u> SEAMSTRESS MASSAGE MANICURES/PEDICURES HEARING TESTING HAIRCUTS BLOOD PRESSURE WELLNESS CHECK</p>	<p><u>WEEKLY CLASSES FOR FUN, LEARNING, AND SOCIALBILITY</u> MAHJONG CANASTA DUPLICATE BRIDGE WALL STREET DISCUSSION MEXICAN DOMINOES KNITTING/ SCRABBLE WATER COLORS CHARITY QUILTING INTERMEDIATE BRIDGE STAMPING (MONTHLY) PINOCLE/CARD GAMES PAPER CUTTING</p>
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ARCHITECTURAL AND CULTURAL HISTORY

Wednesday, June 7 10:00-11:00am. "D-Day: Invasion of Normandy." The largest amphibious operation ever attempted was on June 6, 1944. By nightfall the Allies had landed 55,000 troops on French soil.

Wednesday, June 21 10:00-11:00am "Coney Island" is a traditional New York attraction famous for its board walk, arcades, and seaside attractions. Art Gottlieb RSVP

MUSIC HISTORY WITH JEFFREY ENGEL

Friday, June 2 at Noon "Keep Dancing Part II" We will explore dances like the Polka, Polonaise, and the Fandango which transitioned successfully from indoors to the concert stage. RSVP

"LIFELONG LEARNERS"

Friday, June 9 at 10:00am. "New York City Mansions" (See Flyer) James Sullivan. A new breed of designer architects trained at the Ecole des beaux Art on the Rue de Napoleon in Paris, to create homes that hearkened to the Italian and French Renaissance, many which grace Fifth Avenue. Please RSVP

LADIES LUNCH BUNCH

Friday, June 16 at 11:30am. Call for details. The Ladies Lunch Bunch gives you the opportunity to visit a different restaurant in the area. Great opportunity to socialize with new and old friends. Van transportation is available but limited.



CALAMITY COOKING

Tuesday, June 27 at 10:00am-12:00pm Calamity Cooking is once a month cooking class. Come and join in by helping prepare and then enjoy lunch. Cost \$6 Limit 12 . RSVP



CARD MAKING (Formerly Stamping)

Thursday, June 15 at 9:30am. Make eight (8) hand made cards with Linda Bartolucci from Stampin' Up! The cards will be all occasion (thank you, thinking of you, happy birthday) and timely for upcoming holidays. You will learn rubber stamping techniques, creative folds and die cutting. Cost of the class is \$8. All supplies and tools are provided. RSVP Cost \$8

BLOOD PRESSURE SCREENING

Tuesday, June 20 from 12-1pm. Stop in for a monitoring of your blood. Free

WELLNESS CHECK

Friday, June 16, 9am-12pm by appointment only. Cholesterol, Blood Pressure and Sugar Testing. There is a \$15 cost for the Cholesterol Screening (must fast)

MASSAGE

Massages will be offered only on Tuesdays and Thursdays by appointment.

MANICURES AND PEDICURES-SPECIAL PRICES

Wednesdays from 10am-3pm by appointment. Mani/\$10, Pedi/\$15



BALANCE AND STRETCH

Mondays, 9:30-10:30am. Falls are the leading cause of fatal as well as nonfatal injuries. Exercise program modified for those individuals with limited mobility, including assistance with walkers and canes. Cost \$8

ZUMBA GOLD

Fridays, 9-10am Recreates the party. Latin moves at a lower intensity for seniors with easy to follow choreography that focuses on balance, motion and coordination. Supports all elements of fitness including cardiovascular and flexibility. Please let us know if you wish to continue during the summer. Cost \$8

YOGA

Tuesdays, 8:45-10:00pm. Yoga is aimed to unite the mind, the body, and the spirit. Yogis view that the mind and the body are one. Cost \$8

TAI CHI

Thursdays, 9:30-10:30am. A pleasurable form of exercise by using gentle flowing movements to benefit overall health, strength, balance, and peace of mind. Please let us know if you wish to continue through the summer. Cost \$8

WEIGHT TRAINING

Wednesdays, 8:45-9:45am. There will be no class on June 14th. Incorporating weight training for individuals 50 years and older to prevent the weakening of muscles robbing them of active independent lifestyles. Please let us know if you wish to attend during the summer. Cost \$8

TUESDAY TRUMPERS

Tuesday, June 20 at 10:00am Ladies Bridge card group

WALL STREET DISCUSSION GROUP

Tuesday, June 6 and June 20 at 9:30am Find out what is new in the Stock Market.

FREE HEARING TESTING

Wednesday, June 14. Appointments begin at 10:15am. Testing and Cleaning performed free of charge. Precision Care. RSVP

PAPERCUTTING

Thursday, June 1 at 9:30am. Once a month design mobiles and art ware using just scissors and paper.

COMING IN SEPTEMBER

Tuesday, September 5, starting at 10:00am. **COMPUTER CLASSES** will begin on (Day after Labor Day) There will be different levels held throughout the day. Please call for interest. Cost \$15

ESSENTRICS

Wednesday, September 7 at 9:30-10:30 am. Sign up now for interest. **Essentrics** is based on eccentric strengthening which stretches the muscles then strengthens them in the elongated position creating a lean toned body. Cost \$8