

CLASSES FOR FUN, LEARNING AND SOCIALBILITY

FUNDAMENTALS OF INVESTING—*Tuesdays, bi-monthly February 13th and 27, 9-10:00am.* Find out what is new in the Stock Market. No Charge

PAPER CUTTING—*Thursday, February 1 at 9:30am.* On the first Thursday of the month you will design mobiles and works of art using just a scissors and paper. Cost \$8

CARD MAKING—*Thursday, 9:30am. Will return in March* You will make 8 all occasion cards. You will learn stamping techniques, creative folds and die cutting. All supplies and tools are provided. Call for interest. Cost \$8.

INTERMEDIATE BRIDGE LESSONS—*Mondays at 9:30am.* In this course, we will cover a wide range of bidding, declarer play and defensive play topics encountered in the game of bridge. Basics of Bridge needed. No class February 19

DUPLICATE BRIDGE—*Wednesdays at 12:00pm.* Duplicate bridge uses a variation of contract bridge. The same bridge deal is played at each table and scoring is based on relative performance. Instructor John Falwell

TUESDAY TRUMPERS—*Tuesday, February 20* Contract Bridge group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

BEGINNER BRIDGE—*Thursdays at 9:30am* Formal lessons. Basic class for those with little or no knowledge. Cost \$8

MAHJONG/PINOCHLE—*Tuesdays at 12:00 noon.* Mahjong is a **TILE –BOARD** game that originated in China during the Quing Dynasty. Similar to Rummy, it is a game of skill, strategy, and calculation and involves a degree of chance. Pinochle group looking for players. No Charge

MEXICAN DOMINOES—*Wednesdays at 9:00am.* You can hear the whistle from this quick learning game. The object is for a player to play all the dominoes onto one or more “trains” channeling from a “station.” No Charge.

ART /WATERCOLOR—*Thursdays at 9:30am.* Improve your technique through instruction and guidance. Instructor: Robert Marcello. Cost \$10

KNITTING—*Fridays at 9:30am.* This dedicated but lively group makes things to raise funds for the center as well as for charity. No charge

WEAVING—*Fridays at 9:30am.* Learn to make towels, place mats, table runners, rugs, etc. by using looms. Instructor, Barbara Hurley

CHARITY QUILTING—*Monday, February 26, 10:30.* Make beautiful machine quilted items to give to charity

EXERCISE PROGRAM

BALANCE AND STRETCH—*Mondays in at 9:30am. No Class February 19.* These classes help you with balance and overall upper and lower strength improvements. Great for those coming out of Physical Therapy or with limitations using canes or walkers. Cost \$8. Instructor Richard Marcello, M.S. in Life and Sport Analysis. Cost \$8

YOGA—*Tuesdays, 8:45-9:45 am.* Yoga is aimed to unite the mind, the body, and the spirit. Cost \$8. Instructor, Charlie Sikorski

WEIGHT TRAINING—*Wednesdays, 8:45-9:45am.* . Geared toward individuals 50 years and older to prevent the weakening muscles. You will be using small weights and bands. Cost \$8. Instructor, Diane Tatnall

TAI CHI—*Thursdays at 9:00am.* . Learn step by step using gentle flowing movements. Beneficial to overall health. Cost \$8. Instructor, Deby Goldenberg

LATE MORNING YOGA—**WILL RETURN IN APRIL** *Thursdays, 10:15-11:15am.* Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Charlie Sikorski

ZUMBA GOLD—*Fridays 9:00-10:00am.* This dance workout incorporates many of the fitness routines set to international rhythms but performed at a lower intensity. Cost \$8. Instructor, Diane Tatnall

KEEPING HEALTHY

WELLNESS CHECK—*February 16 by appointment only.* Keep on top of your readings. Cholesterol, Blood Pressure and Sugar Testing. There is a \$15 cost for the Cholesterol Screening (must fast). Nurse, Susan Casso

MASSAGE—*Massages are on Tuesdays by appointments* Cost \$50/per hour. Massage Therapist,

HEARING TESTING—*February 13. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

BLOOD PRESSURE TESTING—*Tuesday, February 20, 12:00-1:00pm.* Once a month on the third Tuesday.

CPR—*Wednesday, February 28, 10-11:30am.* Please register

HAIRCUTS—*Fridays by appointment. 9:00am-11:30am.*

SERVICES

Women \$15 and Men \$10. Maria Shapiro **FACIALS, MANICURES/PEDICURES/FACIALS**—*Mondays and Wednesdays by appointment. 10:00am-12:30pm* Mani/\$10, Pedi/\$15 Theresa Lomax

ALTERATIONS—*Tuesdays, at 9:30-10:30am.* First come/First serve. Items will be returned the following Tuesday. Seamstress, Josephine Visciglia