

CLASSES FOR FUN, LEARNING AND SOCIALBILITY

FUNDAMENTALS OF INVESTING-*Tuesdays, bi-monthly November 7 and 21* at 9-10:00am. Find out what is new in the Stock Market. No Charge

PAPER CUTTING-*Thursday, November 2* 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, November 16, 9:30am.* You will make 8 all occasion cards. You will learn stamping techniques, creative folds and die cutting. All supplies and tools are provided. 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. Cost \$8

DUPLICATE BRIDGE-*Wednesdays at 12:00pm. Nov. 15, 12:15 Will begin at 12:15 on Nov. 16.* 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, November 21 at 10:00am.* Card group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

MAHJONG- *Tuesdays at 12:00 noon* Mahjong is a **TILE – BOARD** game that originated in China during the Qing Dynasty. Similar to Rummy, it is a game of skill, strategy, and calculation and involves a degree of chance. 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. No class November 23.* Improve your technique through instruction and guidance. Instructor: Robert Marcello. Cost \$10

KNITTING- *Fridays at 9:30am. None on November 10, 24.* 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. None on November 10, 24.* Learn to make towels, place mats, table runners, rugs, etc. by using looms. Instructor, Barbara Hurley

CHARITY QUILTING- *November 20 and 27 @ 10:00* Make beautiful quilted items to give to charity by using a machine.

MOVIES at 12:00 on *Mondays and Thursdays.* See flyer

EXERCISE PROGRAM

BALANCE AND STRETCH-*Mondays in at 9:30am.* 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. RSVP

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

YOGA (Additional Class beginning in November) No Class November 23. *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. No class November 10 or November 24.* 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 -*November 17 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 and Thursdays by appointments Cost \$50/per hour. Massage Therapist, Ginnie Karlson

HEARING TESTING-*November 14. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

BLOOD PRESSURE TESTING-*Tuesday, November 21, 12:00-1:00pm.* Once a month on the third Tuesday.

SERVICES

HAIRCUTS - *Fridays by appointment. 9:00am-11:30am. Closed Nov. 9 and 24, so haircuts will be Wed. Nov. 8, 9-12 and Mon Nov. 20, 9-11.* Women \$15 and Men \$10. Maria Shapiro

FACIALS, MANICURES AND PEDICURES-SPECIAL PRICES Mondays and Wednesdays from 10am-3pm by appointment. Mani/\$10, Pedi/\$15 Instructor, Theresa Lomax

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