

# CLASSES FOR FUN, LEARNING AND SOCIALBILITY

**FUNDAMENTALS OF INVESTING-NEW LATER TIME** *Tuesdays, bi-monthly October 9 and 30 @ 9:30am.* Find out what is new in the Stock Market. No Charge

**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. Instructor, John Falwell. Cost \$8

**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

**BEGINNER BRIDGE-** Sign up for interest for Fall classes. 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.

**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 Casillas. Cost \$10

**KNITTING-** *Fridays at 9:30am.* This dedicated but lively group makes handcrafted kitted items 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. Award winning instructor, Barbara Hurley

**CHARITY QUILTING-** Monday October 22 and 29, 10:30. Make beautiful machine quilted items to give to charity

**THIMBLE NIMBLE-** Thursday, October 18 from 10:00am-2:00pm. Needle craft group meets the 3rd Thursday of the month. Bring your lunch.

**PAPER -** October 5, 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

**TUESDAY TRUMPERS-** October 16 at 10:00am. Contract Bridge group meets the 3rd Tuesday of the month

## EXERCISE PROGRAM

**BALANCE AND STRETCH -** *Mondays 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 Diane Tatnall, M.S. in Life and Sport Analysis. Cost \$8

**YOGA -** *Tuesdays, 8:30-9:30 am.* Yoga is aimed to unite the mind, the body, and the spirit. Cost \$8. Instructor, Christine Preston

**LATE MORNINNG YOGA-** *Thursdays, 10:15-11:15am.* Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Christine Preston

**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

## KEEPING HEALTHY

**CHAIR BALL-** *Fridays 9:00-10:00am.* Resistance exercise for all ages and levels. Cost \$8. Instructor, Diane Tatnall

**MASSAGE -** Massages are on Tuesdays & Thursdays by appointments Cost \$50/per hour. Massage Therapist, Ginnie Karlsson

**HEARING TESTING-** *October 9 (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

**BLOOD PRESSURE TESTING-** *Tuesday, October 16, 12:00-1:00pm.* Once a month on the third Tuesday.

## SERVICES

**HAIRCUTS -** *Fridays by appointment. 9:00am-11:30am.* Women \$15 and Men \$10. Maria Shapiro

**MANICURES/PEDICURES/FACIALS -** Mondays 10:00am-2:00pm and Wednesdays 10:00am-1230pm by appointment. Mani/\$10, Pedi/\$15, Facials \$20. Theresa Lomax

**ALTERATIONS-** Tuesdays, at 9:00-10:30am. First come, first serve. Items will be returned the following Tuesday. Seamstress, Josephine Visciglia