

CLASSES FOR FUN, LEARNING AND SOCIALBILITY

FUNDAMENTALS OF INVESTING-*Tuesdays, bi-monthly December 11 at 9:30 am.* Find out what is new in the Stock Market. No Charge

PAPER CUTTING-*Thursday, December 6 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

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 December 3 or December 24 or January 1.

DUPLICATE BRIDGE-*Wednesdays at 12:00pm.* No class on December 26. 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- *No meeting in December* Card group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

MAHJONG- *Tuesdays at 12:00 noon.* No class December 25 or January 2. 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

PINOCHLE-*Tuesdays at 12:00noon.* No cards December 25 or January 2.

MEXICAN DOMINOES-*Wednesdays at 9:00am.* No class on December 27. 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 December 28. Improve your technique through instruction and guidance. Instructor: Robert Marcello. Cost \$10

KNITTING- *Fridays at 9:30am.* No class December 22 or 29. 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.* No class December 22 or 29. Learn to make towels, place mats, table runners, rugs, etc. by using looms. Instructor, Barbara Hurley

CHARITY QUILTING- *December 3 at 10:30.* Make beautiful quilted items to give to charity by using a machine.

EXERCISE PROGRAM

BALANCE AND STRETCH-*Mondays in at 9:30am.* No Class December 24 or January December 31. 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

YOGA -*Tuesdays, 8:45-9:45am.* Yoga is aimed to unite the mind, the body, and the spirit. No class December 25 or January 1. Cost \$8. Instructor, Christine Preston

WEIGHT TRAINING- *Wednesdays , 8:45-9:45am.* No Class December 26. 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.* No Class December 27. Learn step by step using gentle flowing movements. Beneficial to overall health. Cost \$8. Instructor, Deby Goldenberg

YOGA - *Thursdays, 10:15-11:15am.* No Class on December 27. Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Christine Preston

CHAIR BALL-*Fridays 9:00-10:00am.* No class December 28. 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

MASSAGE -Massages are on Tuesdays and Wednesdays by appointments Cost \$50/per hour. *None December 25 or 26.* Massage Therapist, Ginnie Karlson

HEARING TESTING-*December 11. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

BLOOD PRESSURE TESTING-*Tuesday, December 18, 12:00-1:00pm.* Once a month on the third Tuesday.

SERVICES

HAIRCUTS - *Fridays by appointment. 9:00am-11:30am.* None December 28. Women \$15 and Men \$10. Maria Shapiro

FACIALS, MANICURES AND PEDICURES-Mondays and Thursday- from 10am-3pm by appointment. *None December 24 or 27.* Mani/\$10, Pedi/\$15 Theresa Lomax

ALTERATIONS-Tuesdays, at 9:30-10:30am. *None December 25.* First come/First serve. Items will be returned the following Tuesday. Seamstress, Josephine Visciglia