

# CLASSES FOR FUN, LEARNING AND SOCIALBILITY

**FUNDAMENTALS OF INVESTING-NEW LATER TIME** *Tuesdays, bi-monthly July 10 and 24 @ 10:00am.* 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. 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. 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 Casillas. 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 July 9 and 23, *10:30.* Make beautiful machine quilted items to give to charity

**THIMBLE NIMBLE**—Thursday, July 19 from 10:00-2:00pm. Needle craft group meets the 3rd Thursday of the month. Bring your lunch.

## ON SUMMER BREAK

**PAPER CUTTING**— Will return in **September** *Thursdays, 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**— *Third Thursday . Will return in September* 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.

**TUESDAY TRUMPERS**— Contract Bridge group meets the 3rd Tuesday of the month

## EXERCISE PROGRAM

**BALANCE AND STRETCH**—*Mondays in at 9:30am. No Classes in July and August* 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

**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. 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 *No Tai Chi in July and August*

**ZUMBA GOLD**—*No Classes July and August.*

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

## KEEPING HEALTHY

**WELLNESS CHECK** — Will return in **September 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**— *July 10. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

**BLOOD PRESSURE TESTING**—*Tuesday, July 17, 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

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

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