

# CLASSES FOR FUN, LEARNING AND SOCIALBILITY

**FUNDAMENTALS OF INVESTING**-*Tuesdays, bi-monthly April 10 and 24, 9-10:00am.* Find out what is new in the Stock Market. No Charge

**PAPER CUTTING**-*Thursday, April 5 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. Possibly returning in May? Thursday, 9:30am. Please call immediately.* You will make 8 all occasion cards. You will learn stamping techniques, creative folds and die cutting. All supplies and tools are provided. Call Now. Cost \$8.

**INTERMEDIATE BRIDGE LESSONS**-*Mondays at 9:30am.* This course covers a wide range of bidding, declarer play and defensive play topics encountered in the game of bridge. Basics of Bridge needed.

**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, April 17, 10:00am* Contract Bridge group meets the 3rd Tuesday of the month. Looking for additional players. Call for interest.

**BEGINNER BRIDGE**- *in May if enough interest. Thursdays at 9:30am* Formal lesson. 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. Please call to sign up.

**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.” Call prior. No Charge.

**ART /WATERCOLOR**-*Thursdays at 9:30am.* Improve your technique through instruction and guidance. Instructor: Robert Casilla. 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. No weaving March 30. Instructor, Barbara Hurley

**CHARITY QUILTING**- *Monday, April 2, 23 , 10:30.* Make beautiful machine quilted items to give to charity

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

## 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. 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 weakening muscles. You will be using small weights and bands. Cost \$8. Instructor, Diane Tatnall

**TAI CHI**-*Thursdays at 9:00am. No Tai Chi during April and resuming May 10th.* Learn step-by-step using gentle flowing movements. Beneficial to overall health. Cost \$8. Instructor, Debby Goldberg.

**LATE MORNING YOGA**-**WILL RETURN IN MAY IF ENOUGH INTERESTED.** *Thursdays, 10:15-11:15am.* Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Call with interest. Instructor, 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 . No class March 30. Diane Tatnall

## KEEPING HEALTHY

**WELLNESS CHECK** -*April 20 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**- *April 10. (Second Tuesdays) Appointments begin at 10:15am.* Testing and Cleaning performed free of charge. Park City Hearing. RSVP

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

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

## SERVICES

**MANMANICURES/PEDICURES/FACIALS** -*Mondays, 10:00am-2:00pm and Wednesdays, 10:00am-1:00pm by appointment. 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