

CLASSES FOR FUN, LEARNING AND SOCIABILITY

FUNDAMENTALS OF INVESTING— We are not professionals. Our goal is making money. What is your goal? Let's talk. Find out what's new in the stock market. Join us on Tuesdays in on March 7th and the 21st at 9:30 am. No charge.

PAPER CUTTING- On the first Thursday of the month. No charge. March 2nd.

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. Looking for some additional players. If interested, please drop in on Wednesdays at noon. Instructor: John Falwell. No charge. **NEW PLAYERS NEEDED.** March 5,12,19 and 26.

MAHJONG- *Tuesdays at 12:00 noon.* Mahjong is a **TILEBOARD** game similar to Rummy. It is a game of skill, strategy, and calculation and involves a degree of chance. Experienced Mahjong Players needed. March 4,11,18, and 25.

NIMBLE THIMBLES— Fourth Thursday each month from 10 to 1:30 pm. Bring lunch and join us for quilting, applique, piecing, knitting, and crocheting. March 26th

PINOCHLE- *Tuesdays at 12:00noon.* No charge.

MEXICAN DOMINOES- *Wednesdays at 9:00am* No charge. March 4,11,18 and 25 Players needed!!!!

ART/WATERCOLOR- *Thursdays at 9:30am.* Improve your technique through instruction and guidance. Instructor: Robert Casilla. Cost \$10. March 5, 12, 19 and 26

KNITTING— *Fridays at 9:30am.* Presently, knitting hats for children in the cancer care unit. Needles and yarn provided. No charge. March 6,13,20, and 27

WEAVING— *Fridays at 9:30am.* Learn to make towels, place mats, table runners, rugs, etc. by using looms. Instructor, Barbara Hurley. March6,13,20 and 27

CHARITY QUILTING— *Call for information.* Make beautiful quilted items to give to charity using machine.

EXERCISE PROGRAMS

STEADY ON YOUR FEET- *Wednesdays 9:45-10:45am.*

This is a program *for* balance and stability whether standing still or moving on flat or uneven surfaces. Great for those coming out of Physical Therapy or with limitations using canes or walkers. **NO CHARGE.** Instructor Diane Tatnall. March 5,12,19,26

YOGA- *Tuesdays and Thursdays, 8:45-9:45am.* Yoga is aimed to unite the mind, the body, and the spirit. Yoga helps you become more aware of your body's posture, alignment and patterns of movement. Cost \$8. Instructor, 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. March 5,12,19,26

LEADERLESS CHI GONG & TAI CHI-*Thursdays 9-10am.* Join us for meditation, Qi Gong exercise and the Yang Family form. Great for balance, stretching and mindfulness. No charge. March 6,13, 20 and 27

KEEPING HEALTHY

MASSAGE- *Tuesdays and other days by appointment.* Cost \$50/per hour. Massage Therapist, Beth E Dobsevage

HEARING TESTING- **None in March.** Every second Tuesday. *Appointments begin at 10:15am.* Hearing testing and cleaning of hearing aids performed free of charge. Park City Hearing. Call for info.

BLOOD PRESSURE TESTING- 1. First Monday of every month at 11:00am. Sponsored by Easton EMS.

2. Third Tuesday of every month at 12:00pm. Sponsored by Visiting Nurses Association.

SERVICES

Hair Cutting: *Fridays, at 9am-12:00pm by appointment.* Women \$15 and Men \$10.

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

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

Fees for all classes need only be paid if you are able to attend. First class is FREE.