

# CLASSES

Class	Date	Description	Instructor
<b>Afghan Ladies</b> 4th Monday 1:00—2:00pm	November 27 No Fee	Group of knitters and crocheters who make afghans for veterans. New members welcomed!	Claire Westerink Senior Lounge
<b>Billiards</b> Tues & Thurs 1:00pm Friday 10:00am	Ongoing No fee	Enjoy Billiards with a group of new friends. Cue sticks are available for use. See if you can sink the 8 on the break!	Room 3
<b>Bingo</b> Thursdays, 1:00-3:30pm	Ongoing No Fee	Cards are \$1.25 for the first card, \$.25 for each card after. Paper sheets are a \$1.00 each.	Volunteer Cafe
<b>Bocce</b> Wednesday, 10:00am	Ongoing No Fee	Join us along the building on the fairground side. All abilities welcome.	Pete Pepe Bocce Court
<b>Book Club</b> Friday, 2:00—3:00pm	December 1 No Fee	The next book will be The Brother: untold story of atomic spy David Greenglass by Sam Roberts	Paula Samuel Senior Lounge
<b>Chair Exercise</b> Mon, Wed & Friday 11:00am	On going No fee	This is a great form of exercise for seniors or for those with disabilities. <b>Wednesday in Cafe</b>	Hank Katten Senior Lounge
<b>Chess</b> Tues/Thurs 1:30pm	On going No Fee	Join us for a stiff game of chess with the Chess Club	Tues in Cafe Thurs in Lounge
<b>Cribbage Club</b> Monday 1:00pm	On going No Fee	All levels welcome as Assisted Living Services sponsors 1 hour cribbage class then 1 hour play.	Mark Halliday Cafe
<b>Legal Clinic</b> 1st Wednesday of month 9:00am	Ongoing No Fee	Attorneys from Floman DePaola will be available <b>by appointment</b> to discuss basic legal needs. <i>Call the Senior Center office for an appointment</i>	Attorneys from Floman DePaola Town Conf room
<b>Laughter Club</b> Wednesdays, 9:00am	Ongoing No Fee	If you love to laugh, join us! Laughter is truly the best medicine. Feel great for free!	Connie Pino Cafe
<b>Money Management</b> Tuesday 9:30am	Oct 3 & Oct 18	Exploring investment opportunities and hearing from an occasional money management speaker	Santi Dutta Town Conf Room
<b>Pickleball</b> Tues, Wed, Thurs & Fri 1:00pm	Ongoing No Fee	It's like ping pong meets tennis! Lots of FUN!!! <b>Thursday is beginners' day.</b> Must be a member of the Senior Center	Volunteer Gym
<b>Pinochle</b> Wednesday 1:00pm	Ongoing No fee	Come join us for Pinochle! We are looking to add more players	Helen Vasil Senior Lounge
<b>Ping Pong</b> Mon 11am & Wed noon	Ongoing No fee	All levels welcomed to play this fun game. No experience needed, we have everything you need	Volunteer Room 3
<b>Wii Bowling</b> Mon & Fri 10:00am	Ongoing No Fee	All the fun of traditional bowling but with out the heavy ball!	Volunteer Room 3

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<b>AARP Driver's Safety</b> First Thursday, 9:00-1:00pm	November 2 By Reservation	Completion of this course may earn seniors a discount on their driver's insurance. AARP members \$15, Non-members \$20	AARP Instructor Room 2
<b>Beginner Computer</b> Mondays, 10:00-12:00 \$25.00, 5 weeks	Nov 6 - Dec 4	So you know how to turn it on but what do you do next? Our Beginner Computer class is the next step.	Ed Jolley Computer Lab
<b>Bridge Lessons</b> Thursday 1:00—3:00pm \$50.00, 10 wks	Oct 5 – Dec 14	This class is for intermediate Bridge players and for those who want to expand on what they have learned. No class 11/23	Al Pol Room 2
<b>Bridge Lessons</b> Fridays, 1:00-3:00pm \$50.00, 10 wks	Oct 6 – Dec 22	This class is for those who have mastered the beginnings of Bridge and want to expand on what they have learned. No class 11/10 or 11/24	Al Pol Room 2
<b>Fitness</b> T/Th 9:00am \$40.00, 10 wks	Oct 3 – Dec 14	This fun-filled class combines stretching, & balance to burn calories and improve health. No class Nov 23	Danielle Pettitt Gym
<b>Floral Arranging</b> Friday 10:00am \$20.00	TBD	Learn how to make a beautiful basket for any table. Pre-registration is required with a minimum of 8 students.	Mary Errato Room 2
<b>Intro to Computers</b> Thursdays, 9:30-11:30am, \$25.00	Oct 5 - Nov 2	Back by Popular Demand! Learn the basics of computers. Students will need to attend each class as each class builds off the last. Minimum 5, Max 7	Frank Marini Computer Lab
<b>Painting and Drawing</b> Tuesdays, 9:30-11:30am \$50.00, 10 wks	Oct 3 – Dec 5	The course will improve drawing & painting skills through various techniques, methods, and styles.	Graham Dale Room 6
<b>Tai-Chi</b> Fridays, 11:45-12:45pm \$50.00, 10 wks	Oct 10 – Dec 22	Tai-Chi has been shown to improve balance and flexibility, as well as reduce fall risk among older adults. No class 11/10 or 11/24	David Chandler Gym
<b>Tap Dance, Monday</b> 10:30-11:30am \$50.00, 10 wks	Oct 2 – Dec 11	Set those feet dancing and feel the excitement of dance!	Judy Nilsson Room 15
<b>Yoga – Mondays</b> <b>9:00-10:00am</b> \$50.00, 10 wks	Oct 2 – Dec 11	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness & quiet the mind.	Andrea Cashman Senior Lounge
<b>Yoga – Wednesdays</b> 9:00-10:00, 10:15-11:15am \$50.00, 10 wks	Oct 4– Dec 6	Yoga has been found to improve health, flexibility, awaken inner energy, deepen breath awareness and quiet the mind.	Sue Neufeld Senior Lounge
<b>Yoga Dance</b> Thursdays, 10:00—11:00am \$50.00, 10 wks	Oct 5 – Dec 14	Wonderful for all ages and capabilities as it uses gentle breathing, dance, and chairs if needed. No class 11/23	Andrea Cashman Senior Lounge
<b>Zumba Gold</b> Monday, Wednesday & Friday 11:00-12:00, 10 wks	Oct 2 – Dec 22	Easier than the basic Zumba but just as much fun. The moves are easy to follow by all individuals. No class 11/10, 11/24. <b>Friday's class is 10-11am.</b>	Danielle Pettitt Gym