

INSTRUCTIONAL PROGRAMS

**New registration required at the beginning of each series of classes.*

** Payment is due with registration. * Proof of address required
* Please make checks payable to the "Town of Bloomfield"*

DROP-IN CANASTA – Mondays, 9:30 am-12:00. NO FEE. Participants are requested to register at the Senior Center office.

PIANO LESSONS - Mondays, 11:00 am - 1:50 pm. INSTR: Elizabeth Raphael. FEE: \$20.00 per ½-hour private session (must be paid in advance).

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm. Rhythmic aerobic exercise combined with stretching & strength training routines to improve flexibility, muscular strength & cardio fitness. Next 8-week series starts **Jan. 30.** INSTR: Jeff Shealey. FEE: \$35.00 res/\$45.00 non-res. Bring your mat.

KEEP YOUR LIFE IN BALANCE - Mondays, 1:30-2:30 pm. Move more, fall less. Learn how to take steps improve your balance and help prevent slips and falls. Next 6-week series starts **Dec. 12.** INSTR: Beth Hugh. FEE: \$20.00 res/\$30.00 non res.

PAINTING - Mondays 1:30 - 4:30 pm OR Thurs., 9:00 am - 12:00. If you have an appreciation of painting, this is the time to develop your artistic self. Are you a beginner? Learn how to bring out the artist in you. Intermediate and advanced students? Learn new techniques as you continue on your creative journey. Course includes painting (water, acrylic, oil) & collage. 10-week Spring series start **Jan. 9** and **Jan. 12.** INSTR: Jean Mazo. FEE: \$60.00 res/\$120.00 non-res.

BE FIT & HAVE FUN – Tuesdays & Thursdays, 9:30-10:30 am. The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. INSTR: Beth Hugh. Bring your own hand weights. Next 6-week series starts **January 10.** FEE: \$30.00 res/\$40.00 non-res. **Advance registration is required for this class.** Bloomfield residents have first priority.

MULTI-MEDIA DRAWING & EXPLORATION - Tues., 9:30-11:30 am. Students may choose from a variety of media: color pencil, pen & ink, water color and other materials. Work independently for the last 30 minutes of each session. Next 6-week series starts **January 10.** INSTR: Dolores Howard. FEE: \$20.00 res/\$30.00 non-res.

KNITTING - Tuesdays 11:00 am - 12:30 pm. Bring your project and all your own supplies with you to class. INSTR: Margaret Cunnane. NO FEE.

LINE DANCE - Tuesdays, 1:00-2:30 pm. This class is a combination of beginners and advanced line dancers. Next 10-week series starts **Dec. 13.** INSTR: Jim Gregory. FEE: \$25.00 res/\$35.00 non-res.

MAH JONGG - Tuesdays, 1:00 pm. NO FEE. However, a score card is required and is available from the National Mah Jongg League, Inc., 250 West 57th Street, New York, NY 10107 for \$8 Membership fee.

AQUATIC EXERCISE - Tues. OR Thurs., 1:30 pm at Duncaster. This is a low impact walking-in-water class focusing on muscle strength and flexibility. Each class includes 30 minutes of instruction followed by an additional 10-15 minutes to relax in the therapy spa pool. Next 6-week series starts **January 10 or 12.** **Separate registrations required for each day.** INSTR: Ryan Bourgeois/Lucy Eyre. FEE: \$30.00 res/ \$40.00 non-res.

JOURNAL TIME - Wednesdays, 9:30-10:30 am. Spend some time writing about whatever comes to your mind. Keeping a diary of your thoughts and memories is a great way to share your own personal history with loved ones. INSTR: Kasina Hill. **No Fee.**

BLOOMFIELD MUSIC MAKERS - Wednesdays, 9:30-11:30 am. This is a performing group who volunteer their time to entertain. If you are musical, or want to sing with a group, come join Bloomfield's own musical Goodwill Ambassadors. MUSIC DIRECTOR: Charity Clark.

DUPLICATE BRIDGE - Wednesdays throughout the year **9:30 a.m. – 12:30 p.m.** You don't need to know duplicate, just have a fundamental knowledge of bridge. Partners/refreshments provided. INSTR: Phil Olschefski. **FEE: \$5.00 per week.**

CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm. Don't let the "chair" part fool you; the class is still a workout--upper body conditioning designed to strengthen core & abdominal muscles, which results in improving your entire body, making routine, daily tasks easier. You will need 2-3# weights, a medicine ball and resistance bands. Next 8-week series starts **January 25. FEE: \$30.00 res/\$40.00 non-res.**

BEGINNER TAI CHI, Thursdays, 10:15-10:45 am. Slow, circular movements, in combination with breathing and concentration, result in increased flexibility, better balance, and an enhanced immune system. Participants should wear loose-fitting clothing, flat bottomed shoes or sneakers, and be able to stand and move unassisted for at least ½ hour. Plan to arrive 10 minutes before the start of class, and silence your cellphones. Next 6-week series starts **January 12.** INSTR: Judy Laiuppa. **FEE: \$10.00 res/\$15.00 non-res.**

INTERMEDIATE TAI CHI - Thursdays, *11:00 am - 12:00 noon. Slow, easy-to-learn movements combined with breathing and concentration result in increased flexibility, better balance, and an enhanced immune system. Must be able to stand unassisted for 1 hour. Wear comfortable clothing, flat-bottomed shoes or sneakers. Next 6-week series starts **January 12.** INSTR: Judy Laiuppa. **FEE: \$20.00 res/\$30.00 non-res.** *As a courtesy to the rest of the class, please arrive on time.

AARP SMART DRIVER Thursdays. CT Drivers age 60+ earn 5% discount on auto insurance premium. Advance registration required. FEE: \$15.00 AARP members, \$20.00 non-members (make check payable to AARP). Bring your own snacks/beverages.

Thurs., Dec. 15	9:00 am - 1:00 pm
Thurs., Jan. 26	12:00 - 4:00 pm

FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am. Create a variety of projects from fabric, including quilts (with or without patterns) & converting sweatshirts. Next 10-week series starts **Dec. 16.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/ \$30.00 non-res.**

TIME WITH TONI

Conversational Spanish? Learn simple, everyday words and phrases. **Thursdays** from 10:45-11:45 am. Need help you're your tablet or smart phone? Techie Time is back on **Thursdays** from 9:30 to 10:30 am or **Fridays** from 2:45-3:45 pm. Book club meets on **Fridays** from 1:30-2:30 pm