

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"*

PIANO LESSONS - Mondays. 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. Next 8-week series starts **Jan. 31.** INSTR: Jeff Shealey. **FEE: \$35.00 res/\$45.00 non-res.** Bring your mat.

PAINTING - Wed., 1:30 - 4:30 pm OR Thurs., 9:00 am - 12:00. 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. Next 10-week series starts **Jan. 29 or 30.** INSTR: Jean Mazo. **FEE: \$60.00 res/\$120.00 non-res.**

MOVE TO IMPROVE YOUR BALANCE - Mondays, 1:30-2:30 pm. Balance in all things improves with happy and positive action! It improves when you move, and that increases strength and flexibility. Class includes both seated and standing exercise periods during which you will relax, stretch, and practice resistance exercise and standing movement. Bring an exercise band. Next 6-week series starts **Jan. 13.** INSTR: Beth Hugh. **FEE: \$20.00 res/\$30.00 non res.**

MULTI-MEDIA DRAWING & EXPLORATION - Mon., 1:30-3:30 pm. 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 **Jan. 13.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

AQUA FIT - Mondays, 3:30 - 4:15 pm. At Duncaster. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. Next 6-week series starts **Jan. 6.** **FEE: \$30.00 res/\$40.00 non-res.** Please note: we must have at least 2 participants for this class.

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. Bring your own hand weights. Next 6-week series starts **Jan. 28.** INSTR: Beth Hugh. **FEE: \$30.00 res/\$40.00 non-res.** **Advance registration is required for this class.** Bloomfield residents have first priority.

CHAIR YOGA - Tuesdays, 10:45-11:45 am. This calming, energizing exercise for all fitness levels. We will explore and enhance a greater range of movement while protecting the lower back and joints by easing into yoga postures using a chair for support. Next 6-week series starts **Jan. 28.** INSTR: Lisa Gaumond. **FEE: \$20.00 res/ \$30.00 non-res.**

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

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.

TECHIE TIME - Wednesdays, 9:30-11:30 am. Do you need help with your tablet or cell phone? Want to learn (or enhance) your computer skills. Brianna can help! Call the Senior Center for an appointment. **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. **DIRECTOR: Fern Cohen.**

DUPLICATE BRIDGE - Wednesdays, 9:30 am-12:30 pm. You don't need to know duplicate, just have a fundamental knowledge. Any experience level. Partners/refreshments provided. INSTR: Phil Olschefski. **FEE: \$5.00 per week.**

CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm. Designed to strengthen core & abdominal muscles, which results in improving your entire body, making routine, daily tasks easier. And we have added a new twist--a cardio feature to further enhance your workout! You will need 2-3# weights, a medicine ball and resistance bands. Next 8-week series starts **Jan. 8.** INSTR: Jeff Shealey. **FEE \$30.00 res/\$40.00 non. res.**

REMINISCENCE . . . A LIFE'S JOURNEY - Thursdays, 10:45-11:45 am. Discover the art of remembering, not where you left your keys, but those people or events that have been part of *your* unique life's journey. This is a time to think, to share and talk about your story and to record it for yourself or loved ones, if you choose. INSTR: Irma Clemons. **NO FEE.**

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 **Feb. 13.** INSTR: Beth Hugh. **FEE: \$20.00 RES/\$30.00 non-res.** As a courtesy to the rest of the class, please arrive on time.

AQUATIC EXERCISE - Thursdays, 1:30 - 2:15 pm. A low impact walking-in-water class at Duncaster focusing on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. Next 6-week series starts **Jan. 9.** INSTR: John Hoadley. **FEE: \$30.00 res/ \$40.00 non-res.**

AARP SMART DRIVER Thursdays. CT Drivers age 60+ earn 5% discount on auto insurance premium. Advance registration required. This is a classroom program; no road test. FEE: \$15.00 AARP members, \$20.00 non-members (make check payable to AARP and bring it with you to class). Bring your own snacks/beverages.

Thurs., Jan. 23 - 12:00 - 4:00 pm

Thurs., Feb. 27 - 9:00 am - 12:00 noon

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 **March 13.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/ \$30.00 non-res.**

BOOK CLUB, FRIDAYS, 10:30-11:30 am. Join us for an informal, stimulating conversation as we discuss what we like (or dislike) about our current selection.

WOULD YOU LIKE TO LEARN TO SEW?

Please let us know if you are interested in taking an introductory sewing class.

PLEASE NOTE

We will not have classes from December 23, 2019 through January 3, 2020.