

## 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"*

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**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).**

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

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**PAINTING - Mon., 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. Check March newsletter for Spring start dates. INSTR: Jean Mazo. **FEE: \$60.00 res/\$120.00 non-res.**

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**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 **Mar. 5.** INSTR: Beth Hugh. **FEE: \$20.00 res/\$30.00 non res.**

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**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 **Mar. 6.** **FEE: \$30.00 res/\$40.00 non-res.** **Advance registration is required for this class. Bloomfield residents have first priority.**

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**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 **Feb. 20.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

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**CHAIR YOGA - Tuesdays, 10:45-11:45 am.** This calming, energizing exercise can be practiced by of 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. INSTR: Lisa Gaumond. 6-week series starts **Feb. 20.** **FEE: \$20.00 res/ \$30.00/ non-res.**

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**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.**

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**LINE DANCE - Tuesdays, 1:00-2:30 pm.** This class is a combination of beginners and advanced line dancers. Next 10-week series starts **March 6.** INSTR: Jim Gregory. **FEE: \$25.00 res/\$35.00 non-res.**

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**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.

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**AQUATIC EXERCISE - Thursdays, 1:30 pm** at Duncaster is a low impact walking-in-water class 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 **Feb. 22.** INSTR: John Hoadley. **FEE: \$30.00 res/ \$40.00 non-res.**

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**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.

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**DUPLICATE BRIDGE - Wednesdays, 9:30 a.m. – 12:30 p.m.** 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.**

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**CHAIR PILATES & TONING** - Wednesdays, 11:30 am - 12:30 pm. **FEE: \$30.00 res/\$40.00 non-res.** Next 8-week series starts **Mar. 14.** INSTR: Jeff Shealey. **FEE \$30.00 res/\$45.00 non. res.**

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**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 **Mar. 1.** INSTR: Beth Hugh. **FEE: \$20.00 RES/\$30.00 non-res.** As a courtesy to the rest of the class, please arrive on time.

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**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 and bring it with you to class). Bring your own snacks/beverages.

<b>Thurs., Feb. 22</b>	<b>9:00 am - 1:00 pm</b>
<b>Thurs., March 22</b>	<b>12:00 - 4:00 pm</b>

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

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**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.

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