

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, 11:00 am - 1:50 pm. INSTR: Elizabeth Raphael. **FEE: \$20.00 per ½-hour private session (must be paid in advance).** Resumes Sept. 10.

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm. Rhythmic aerobic exercise combined with stretching & strength training routines. Next 8-week series starts **July 23.** INSTR: Jeff Shealey. **FEE: \$35.00 res/\$45.00 non-res.** Bring your mat.

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. Next 10-week series starts **July 9** or **July 12.** INSTR: Jean Mazo. **FEE: \$60.00 res/\$120.00 non-res.**

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 **Aug. 13.** INSTR: Beth Hugh. **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. Starts **Sept. 10.** **FEE: \$30.00 res/ \$40.00 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. Bring your own hand weights. Next 6-week series starts **July 12.** INSTR: Beth Hugh. **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 **Sept. 11.** INSTR: Dolores Howard. **FEE: \$20.00**

res/\$30.00 non-res.

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. INSTR: Lisa Gaumond. Next 6-week series starts **July 31. 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 **Aug. 21.** 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 - 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 **Sept. 13.** INSTR: John Hoadley. **FEE: \$30.00 res/ \$40.00 non-res.**

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. You will need 2-3# weights, a medicine ball and resistance bands. Next 8-week series starts **Aug. 1.** 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. Ongoing. **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 **Aug. 16.** INSTR: Beth Hugh. **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 and bring it with you to class). Bring your own snacks/beverages.

Thurs., July 26	12:00 - 4:00 pm
Thurs., August 23	9:00 am - 1:00 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 **Sept. 14.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/ \$30.00 non-res.**

SUMMER BREAK



Please mark your calendar. Classes will not meet the week of July 4 (July 2 - 6).