

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).**

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.

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 **April 9** or **Apr. 12.** Check March newsletter for Spring start dates. 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 **March 5.** INSTR: Beth Hugh. **FEE: \$20.00 res/\$30.00 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 **March 13.** 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 **April 10.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

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 **April 3.** **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 **March 6.** 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 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 **March 1.** 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 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.**

CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm. **FEE: \$30.00 res/\$40.00 non-res.** Next 8-week series starts **March 21.** INSTR: Jeff Shealey. **FEE \$30.00 res/\$45.00 non. res.**

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 **March 8.** 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., March 22	12:00 - 4:00 pm
Thurs., April 26	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 **Apr. 13.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/ \$30.00 non-res.**

REMINISCENCE . . . A LIFE'S JOURNEY

Irma Clemons would like to help you discover the art of remembering. Not where you left your keys or what you had for dinner, but those people or events that have been part of your unique life's journey. Why has that book always been your favorite? What teacher encouraged you the most? 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. Thursdays, 10:45 am, starting **April 12.** No Fee. Register at the Senior Center.

MORE OPPORTUNITIES TO STAY FIT!

Great no fee daytime programs in the gym: Intergenerational Wii bowling on select Mondays from 3:00-4:00 pm. Combine badminton, tennis, and table tennis and what do you get? Pickleball! Tuesdays from 12:00-2:30 pm. Still got game? Then try 55+ Basketball. Play ½ court or just shoot around. Wednesdays and/or Sundays from 11:00 am - 2:00 pm. Come on down and find out just how much fun being active can be. Stop in at the Senior Center or Leisure Services to register.