
CLASS & PROGRAM DESCRIPTIONS

Classes will not run without an 8 person minimum

Art Class - For all levels of artists, from beginner to advanced. The elements of drawing are emphasized—includes composition, color and value. Meets Thursdays from 12:00 to 2:00 PM.

Bingo - Tuesdays 1:00 PM - \$1.00 per card. Coffee & tea will be available.

Book Club - Meets the 1st & 3rd Friday of the Month - 10:30 - 11:30 AM.

Bowling - At Academy Lanes in Bradford - \$7.50 per week. Includes bowling and shoes. League forms in September.

Bridge - Experienced players meet to enjoy a friendly afternoon of bridge. Partners not needed. All are welcome. Drop in on Monday or Friday afternoons. From 1:00-4:00 PM.

Bridge 2 - Build upon your bridge skills. This is a 9 week session. Partners not needed. All are welcome. Wednesdays from 1:00-3:00 PM.

Cards - 45's, Nickels and Poker (nickel and dime, dealer's choice) experienced and beginners welcome. Meets Monday & Thursday afternoons at 1:00 PM. \$1.00 donation.

Computer Training - Come in and learn the basics of computing. Learn how to surf the Internet and how to send email. Training is on Thursdays at the Senior Center. 4 weeks - \$25.00 - 1:00-2:30 PM

Heart to Heart - Weekly fellowship and fun social program designed for social support, sharing and compassion. Meets Wednesday mornings at 10:00 AM for coffee; meeting begins at 10:30 PM.

Joy of Exercise - Low impact aerobic/dance increases coordination, balance and strength, utilizing a variety of equipment from stretch bands to light weights (provided). Men and women welcome. Thursday morning at 10:00 AM.

Knitting and Crocheting - Open to all, Tuesdays 9:30-11:30 AM. Individuals should bring their own projects and a smile. Members will be able to help each other solve any problems. Join to learn something new or for fun. Yarn is available.

Lecture Series - People from different backgrounds, professions or interests give presentations and insight into a variety of subjects. Keeping our minds open and alert helps our overall health and well being. Mondays from 10:00-11:30 AM.

News and Views - An informative and stimulating group covering current events, local, national and international issues. Each individual is encouraged to express his or her point of view on various subjects. Wednesday mornings at 10:00-11:30 AM.

Quilting - All levels welcome. We bring our work for *show and tell*, tips on colors, patterns and quilting styles. Meets the 1st Friday of the month at 10:00 AM.

Tai Chi & Chi Gong - Improves balance and relaxes the body. Concentration, internal body awareness and patience improves greatly. Allows the body to feel good and provides a healthy way to deal with stress. Tuesday mornings at 9:30 AM.

TRIAD - Seniors and Law Enforcement working together. Find out about the latest crime alerts, discussion groups, problem solving, and implementing new programs. Meets the 3rd Tuesday of the month at 11:00 AM.

Woodcarving - A great social group; beginners through advanced are welcome. Meets Thursdays from 9:00 - 11:45 AM.

Yoga - Gentle stretching with breathing techniques to open tense muscles, stiff joints and to maintain strong bones. Wear loose, comfortable clothing and bring a floor mat. Chairs are available if needed. Meets Mondays at 9:00 AM.

Zumba - Come exercise to the beat of Latin Music with Zumba. Walk-ins are welcome. Drop the kids off at school and come to the Senior Center for a class. All ages are welcome. Tuesdays at 9:30 – 10:30 AM.

*The charge is the same for residents and non-residents.
Most classes are 6-week sessions; cost is \$24.00.
Single classes are \$6.00 each.*