

SENIOR CENTER GUIDELINES

The Southbury Senior Center is open to all persons 60 years and older.

Annual registration fee is \$10 for Southbury residents and \$15 for non-residents. Registrations run from January 1st through December 31st.

You must be a member to participate in programs and activities here at the Senior Center.

You must be a member of the Senior Center to use our transportation services.

Registered members may bring guests for a fee of \$2.00 per day or \$5.00 per week. Guests must be 60 years old or older.

Programs

Aerobics

This is a low impact senior aerobics class that works the whole body. We begin with a warm up and continue on with twenty minutes of fun aerobics done to music, next we move on to arms, legs and torso which is done seated with weights. Lastly, we do a cool down. You must bring your own weights. (1-2 lbs.)

Instructor: Laura Weaving

Monday, 10:30 am - 11:15 am

Wednesday, 9:30 am - 10:15 am

American History Lecture Series (Resumes on Sept. 19, 2011)

Join Penny O'Connell as she presents interesting and informative lectures on the history of our nation and its presidents. *Southbury Public Library*

Instructor: Penny O'Connell

Monday, 9:45 am - 11:30 am

Ballroom Dancing

Learn the Waltz, Fox Trot, Cha Cha, Rhumba, Tango, Merengue, Quick Step, Disco, Swing and more. Relax and twirl your partner around the floor with confidence. We'll teach the men the proper posture as well as how to lead. The women will be taught proper posture as well as how to follow. Please wear either felt or leather bottomed shoes which will make it easier to twirl across the floor.

Instructors: Steve and Sherry Milek

Monday, 3:00 pm – 4:00 pm

Beginners Tap

Flat tap shoes and loose comfortable clothing is recommended. A sense of rhythm and coordination and a love of music are assets. The teacher would not advise anyone with vertigo or severe balance problems to take this class.

Instructor: Nancy Prager

Wednesday, 2:45 pm – 3:45 pm

Bingo

Bring your luck and share a fun afternoon of bingo. Regular and special games played.

Thursday, 12:45 pm – 2:30 pm

Blood Pressure Screenings

Nurses from the Pomperaug Health District provide free blood pressure checks. Walk-ins are welcome, no appointment needed.

2nd and 4th Thursday of the month, 11:00 am – 11:30 am

Book Talk (Oct. 12, 2011)

Enjoy a lively discussion of new and classic books. Call the Center for selection.

2nd Wednesday of the month, 1:30 pm – 2:30 pm

Chair Yoga

Bend forward, backward and sideways, while practicing supported, restorative postures on a chair. We balance energetic flowing sequences guided by breath with gentle stretches, guided relaxation and healing imagery.

Instructor: Jessica Barakat

Tuesday, 11:10-12:00 PM

Duplicate Bridge

Stop in and enjoy a friendly game of bridge. Walk-ins always welcome.

Tuesday, 1:00 pm – 4:00 pm

Fit and Flex

This is a low intensity tone and flexibility class. Each student uses their own Pilates stretch band with mild to moderate strength and flexibility. We also use a ball (provided) while seated to work our core. This class focuses on every muscle group in the body. Comfortable clothing and sneakers are needed.

Instructor: Doreen DeFilio

Tuesday, 10:00 am – 11:00 pm

Hair Cuts

Local hairstylist Donald Kershaw offers haircuts at the Center. Men's haircuts are \$10 and women's haircuts are \$15. Appointments are necessary.

1st and 3rd Tuesday of the month, 12:00 pm – 2:00 pm

Hearing Screenings

Carol Maksimow of Hearing Aid Specialists of CT offers free hearing screenings in addition to cleaning of hearing aids. Appointments are necessary.

1st Tuesday of the month, 9:30 am – 11:30 am

Knit and Crochet Group

Joan Croce leads this fun, informal knit and crochet group. The group works on individual and group projects. Some projects are made specifically to be donated to the community. All skill levels are welcome.

Monday, 1:00 pm–2:30 pm

Legal Appointments

Peri Swaniger, attorney-at-law, volunteers once a month to answer legal questions that you may have. This visit is intended as a one-time, 15 minute, initial consultation.

1st Monday of the month, 10:00 am – 11:00 am

Line Dancing

Line Dancing takes steps from the Waltz, Merengue, Tango, Cha Cha, Rhumba, and Fox Trot. It is great fun and great exercise. You should wear felt or leather bottomed shoes. Sherry teaches a new Line Dance every two or three weeks along with the popular ones such as The French Waltz, Cuba, Crystal Chandelier, Oh La La and more.

Instructor: Sherry Milek

Monday, 1:30 pm – 2:30 pm

Mah-Jongg

Come and play this ancient Chinese tile game. All skill levels are welcome.

Thursday, 1:00 pm – 3:00 pm

Muscle Tone

You must be comfortable with getting onto the floor. The class starts out with a warm up, ten to fifteen minutes of core work and the upper half of the body and moves on to the floor to work the legs, back and stomach and then we do a cool down. You must bring weights (1-2 lbs.) and a mat.

Instructor: Laura Weaving

Friday, 8:45 am – 9:30 am

Opera in the Afternoon

Enjoy an afternoon of opera on the big screen sponsored by the Senior Center and hosted by Pomperaug Woods. Refreshments are served and admission is free. *Pomperaug Woods Auditorium*

3rd Wednesday of the month, 1:00 pm

Photography for Fun

This class is about looking and really seeing. By really seeing we take better pictures and enjoy life more. A typical month includes learning sessions in the Center and sessions in the field. Discussions include composition, portraiture, scenes, photographing children, pets, flowers and buildings. In the field we go to selected points of interest. The pictures from these trips are brought to class and discussed. We then post the pictures in the Center.

Instructor: Parks Hopkins

Wednesday, 1:30 pm – 2:30 pm

Pilates

This class involves exercises done on a mat in either a sitting or lying down position. This class is designed to build strength, improve flexibility and develop core muscles. Comfortable clothing, socks and yoga mats are required.

Instructor: Helene Korchin

Wednesday, 12:00 pm-1:00 pm.

Pizza & Movie

Enjoy pizza and then see a newly released movie in the comfort of the Senior Center. Pizza must be pre-ordered and costs \$1.50 a slice.

2nd and 4th Monday of the month, 11:30 am

Poker

Enjoy an afternoon of poker and fun. All skill levels are welcome.

Tuesday, 1:00 pm – 4:00 pm

Quilting

This is not a structured class because they have been together for so long. The class works on projects throughout the year, including making things for the community. They welcome beginners and advanced students.

Instructor: Lil Orłowski

Wednesday, 9:30 am – 11:30 am

Sing-A-Long

Ann Ferguson leads a lively group in song and reminiscence.

Thursday, 10:45am – 11:45 am

Square Dancing

This class is open to couples and singles, beginners and old pros. Beginners are taught calls such as Do Si Do, Swing, Promenade, Ladies Chain, Stars, Split the Ring, Grand Square and more. Experienced dancers can expect favorite moves such as the T-Cup Chain and Explode the Wave. At least one line dance is taught each week. Clothing should be comfortable and low heeled shoes (non-marking) should be worn.

Instructor: Allan Brozek

Friday, 10:30 am – 11:30 am

Table Tennis

Competitive/skilled players should come to the Senior Center on Tuesday afternoons. For a more leisurely, less competitive game please come on Friday afternoon.

Tuesday, 2:00 pm – 4:30 pm

Friday, 2:00 pm – 4:30 pm

Tai Chi

Tai Chi is a low impact ancient Chinese exercise program incorporating fluid motions and deep breathing designed for relaxation, balance and health. Please wear comfortable clothing.

Instructor: Steve Kurimai

Tuesday, 12:30 pm – 1:30 pm

Tap Dancing

This is an intermediate/advanced tap class. Flat or heeled tap shoes are fine. Most of the dancers either took tap as children or had adult training. You must have tapped before to take this class. Comfortable, loose clothing is recommended. No long slacks to the floor, sweaters or turtlenecks are recommended.

Instructor: Nancy Prager

Wednesday, 1:30 pm – 2:30 pm

Weight Training

Each student uses their own weights. (Weight is up to participant) We begin with a warm up and light stretching. It is a fast paced class with short breaks throughout. This class is excellent for muscle tone, growth, flexibility and cardio. Comfortable clothing and sneakers needed.

Instructor: Doreen DeFilio

Friday, 9:00 am – 10:00 am

Wii

Join our group of enthusiastic Nintendo Wii players. No experience necessary.

Tuesday, 2:00 pm – 3:30 pm

Yoga

Hatha Yoga works with the body-mind connection, by slowing the mind, breath and body one becomes aware of thought patterns that create tension in the body. Hatha Yoga teaches one the art of deep relaxation by connecting to the breath, holding postures and meditation. A mat is required for this class.

Instructor: Pam Mellitz

Thursday, 9:00 am – 10:00 am

Zumba Gold

This is a fun, effective Latin dance-based cardio class. You'll enjoy great Latin rhythms and dances such as merengue, salsa, cha chas, and more along with some rock and roll including the Twist and the Charleston. Zumba Gold with its motivating and fun music is a great total body workout that is great for the body and mind. You'll leave class feeling invigorated! Wear flexible dance shoes or sneakers and bring a bottle of water.

Instructor: Colleen Krempel

1st and 3rd Friday of the month, 12:00 pm – 1:00 pm

Please visit our website, [www.southbury-ct.org **](http://www.southbury-ct.org) periodically for special events, including:**

Creative Writing Workshops

Vacation Tours

Luncheons

Day Trips

Pastel Drawing Classes

Musical Programs