

WEEKLY SCHEDULED CLASSES

All programs are for members only unless otherwise stated.

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BELOW ARE PROGRAMS OFFERED TO OUR MEMBERS DURING THE MONTH

All closings, or class changes are shown in calendar on opposite page. Note: All members are requested and required to register at one of our kiosks (located in front lobby and at back doors of Center), by entering their phone number and registering for each class/event they are attending and/or as a drop in if just "stopping in". Please bring your own water as water fountains remain out of service. All visitors are required to register at the front office. We ask that you do not pre-check in for any class or program that is taking place at a later time in the day until you are about to enter the room. This helps keep numbers for attendance of classes/programs accurate, as well as the number of people in the building at any one time..

| | | |
|------|--|---|
| Mon | 9:00-4:00 | Certified Choices Counselor (60 min. appointments 3rd Mon. of each month) |
| | 9:30-10:30 | Aerobics Class A |
| | 10:45-11:45 | Zumba Gold |
| | 12:00-1:00 | Tap Dancing |
| Tues | 8:45-9:45 | Fit & Flex A Class |
| | 10:00-11:00 | Fit & Flex B Class |
| | 10:00-11:00 | Ask the Attorney (15-minute one-time appointments) - 2nd Tuesday of the month |
| | 11:30-12:30 | Chair Yoga |
| | 12:30-1:30 | My Story Writing Group (1st and 3rd Tues) |
| | 1:00-2:00 | Ask the Financial Advisor (15-minute one-time appointments) - 2nd Tuesday of the month |
| | 1:00-3:00 | Game Day |
| | 1:30-4:00 | Table Tennis |
| Wed | 9:30-10:30 | Aerobics B |
| | 9:30-11:30 | Quilting |
| | 10:00-11:00 | Great Courses - 2nd Wednesday of the month |
| | 10:30-11:30 | Tango Lessons |
| | 11:00 | Hair Dresser-Lucy (2nd Wed. of the month, CASH Only \$10/men, \$15/women) |
| | 1:00-2:00 | Page Turners (2nd Wed) |
| 3:00 | Senior Services Commission Meeting (Check Town website & calendar for dates) | |
| Thur | 8:45-9:45 | Yoga |
| | 10:00-11:00 | Weight Strengthen/Tone |
| | 12:45-3:00 | Bingo |
| | 1:30-4:00 | Table Tennis |
| Fri | 9:30-10:30 | Muscle Tone |
| | 11:30-12:30 | Tai Chi |

Would you like to be notified when your favorite class has a last minute unscheduled cancellation? You can request to be placed on a call list for each class offered letting you know the class has been canceled. Stop by the desk or call the office to sign up.

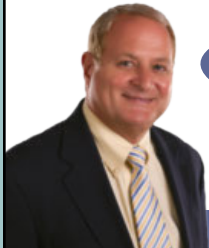
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SUPPORT OUR ADVERTISERS!

All closings, special programs or class changes are shown in calendar below

JANUARY 2023 PROGRAMS

| MON | TUE | WED | THU | FRI |
|---|--|---|---|-----|
| 02 | 03 | 04 | 05 | 06 |
| Closed | <i>My Story Writing Group 12:30pm</i> | <i>Tango Lessons Returns 10:30am</i> | | |
| 09 | 10 | 11 | 12 | 13 |
| | <i>Ask the Attorney 10am</i> <i>Ask Financial Advisor 1pm</i> <i>Senior Learning Network 2pm</i> | <i>Great Courses 10am</i> <i>Tech Talk 10am-12pm</i> <i>Page Turners 1pm</i> <i>Hairdresser 11am</i> | | |
| 16 | 17 | 18 | 19 | 20 |
| Closed | <i>My Story Writing Group 12:30pm</i> <i>Senior Learning Network 2pm</i> | <i>Fire Safety 10am</i> <i>Commission Meeting 3pm</i> | <i>Boost your Brain Health! 11:15am</i> | |
| 23 | 24 | 25 | 26 | 27 |
| <i>Winter Hands Lotion Workshop 10am</i> | <i>Senior Learning Network 2pm</i> | <i>Tech Talk 10am-12pm</i> <i>Judge Calabrese 1pm</i> | | |
| 30 | 31 | | | |
| <i>Creative Flair 1pm</i> | <i>Senior Learning Network 2pm</i> | | | |
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