

## GENERAL PROGRAM LISTING

### CLASSES / DESCRIPTIONS / FEES / DATES / TIME / LOCATION

(above subject to change)

**ACTUALS IN MONTHLY NEWSLETTERS.**

RECREATIONAL BROCHURES or online at

<http://seniorcenter.townofmanchester.org>

## AT HOME THERAPEUTIC RECREATION

The *At Home Program* consists of one hour visits on a bi-weekly basis to the homes of seniors 60+ that cannot attend the senior center. Recreational activity during these visits include low impact exercise, crafts, reminiscing, music and current events. Please contact Kitty Dudley at 860-647-3211 for more information.

## BELLYROBICS

The ultimate exercise for all abilities; uses actual belly dance movements, isolation exercises, as well as related folk and ballroom dance steps. This class will work on those areas of major concern such as bust, midriff, waist, tummy, hips, thighs, calves, and arms by firming, toning, and whittling down the inches. Bellyrobics will also help develop and improve strength and flexibility while delivering a low impact, high energy, cardiovascular workout. Most importantly it makes you feel good about yourself!

**Fee:** \$5.00

**Days:** Tuesday

**Time:** 10:00–11:00am

**Location:** Senior Center Auditorium, Main Floor

## BIKING

A great way to exercise, meet new friends and explore the beautiful, well groomed bike trails in the area. Participants will meet at the Colonial Street entrance to the Rails to Trails bike path for the first ride. Meeting locations will be decided by the group at the end of each ride. This is a fun and non-competitive biking group. Rides will last approximately one hour.

**Fee:** None

**Days:** Mondays

**Time:** 1:00–3:30 pm

**Location:** Rides are usually conducted on the Rails to Trails paths. See Newsletter for details

## BILLIARDS

The Billiards Hall is a great way to meet new friends, relax, and have fun. Occasionally, friendly tournaments are set up with other Senior Centers.

**Fee:** None

**Days:** Monday–Friday

**Time:** drop in 8:30am–4:30pm

**Location:** Senior Center Billiards Room, Lower Floor

## BINGO

Large print cards and an electronic scoreboard add to the fun of Bingo each week!

**Fee:** None

**Days:** Monday & Friday

**Time:** 10:00am—12:00 pm

**Location:** Senior Center Bingo Room, Main Floor

## BOCCE LEAGUE (SUMMER)

A fun, social and enjoyable activity. New players are always welcome.

**Fee:** None

**Days:** Wednesday

**Time:** 8:30—11:00 am

**Location:** Senior Center, Outdoors, Bocce Pit back parking lot

## BODY SCULPT

A weight bearing exercise program designed for the active older adult. Body Sculpting includes a warm-up, muscular conditioning for the upper and lower body, core strengthening for the abdominal muscle and back, and Pilates exercises. This class will increase flexibility, joint mobility, balance and coordination. Participants should bring a mat.

**Fee:** \$40.00 Winter/Spring— \$30.00 Summer

**Days:** Monday & Wednesday

**Time:** 12:30—1:15 pm

**Location:** Senior Center Auditorium, Main Floor

## BOOK GROUP

Join this group to read and discuss different novels every month. New readers are always welcome!

**Fee:** None

**Days:** 3rd Tuesday/month

**Time:** 10:30—11:30am

**Location:** Senior Center Library, Main Floor

## BOOMER'S HIKING CLUB

Join our six week hiking club to meet new friends, get some fresh air, exercise and experience the beautiful trails located right in your own backyard. We will hike a variety of trails located in the Manchester/Vernon/Bolton area. This club is geared towards intermediates, but everyone is welcome. Must be able to stay up with the group. All hikes will be one hour and fifteen minutes long start to finish. This activity is \$30.00 for residents and \$38.00 for non-residents.

**Fee:** \$30.00—\$38.00

**Days:** Thursday

**Time:** See Newsletter for details

**Location:** Outdoors

## BREAKFAST CLUB

This group socializes and enjoys a wonderful breakfast together.

**Fee:** None

**Days:** Friday

**Time:** 9:00—10:00am

**Location:** Guido's , 242 Broad Street Manchester

## BRIDGE—DUPLICATE

Played with a partner, this contract bridge group welcomes new players. This type of card game is great for keeping the mind active. Basic knowledge of the game is required.

**Fee:** \$ 15.00 R—\$25 NR

Residents—Duplicate Bridge play only—does not require a R-Senior Membership

Non Residents—Duplicate Bridge play only—**no other sign-ups allowed**—does not require NR-Membership

**Days:** Thursday

**Time:** 12:30—4:00pm

**Location:** Senior Center Bingo Room, Main Floor

## BRIDGE—SOCIAL

This classic card game is played with partners bidding and playing their way to a win. Some basic knowledge of the game is required to play with this friendly group.

**Fee:** None

**Days:** Wednesday

**Time:** 12:30—4:00pm

**Location:** Senior Center Bingo Room, Main Floor

## CERAMICS

Create your masterpieces from start to finish under the direction of a very experienced and talented instructor. Learn techniques for painting, glazing, and firing. No experience necessary.

**Fee:** \$5.00

**Days:** Monday & Friday

**Time:** 9:30—11:30am

**Location:** Senior Center Ceramics Room, Lower Floor

## COFFEE KLATCH

Join us to discuss current events, meet new friends, swap coupons, laugh, share stories, and most of all—have fun! Enjoy a cup of tea or coffee and a delicious snack.

**Fee:** None

**Days:** Monday

**Time:** 1:00—4:00pm

**Location:** Senior Center Craft Room, Lower Floor

## CRIBBAGE

The beauty of Cribbage is that it combines both luck and skill into a challenging game in which even a novice has a chance to win against an expert. Come play in a social, fun and relaxed atmosphere!

**Fee:** None

**Days:** Friday

**Time:** 1:00—2:00pm

**Location:** Senior Center Card Room, Main Floor

## DIGITAL PHOTOGRAPHY

Shooting to printing. Learn new photography techniques with digital cameras. Students will take field trips for taking shots of subjects. Class demonstrations included.

**Fee:** None

**Days:** Monday

**Time:** 9:30—11:30am

**Location:** Senior Center Craft Room, Lower Floor

## DOMINOES

Stay sharp! Use your mind and learn this fun and exciting game. Beginners and experienced welcome. Volunteer instructors will be on hand to instruct and assist for those new to the game.

**Fee:** None

**Days:** Wednesday

**Time:** 12:30—3:00pm

**Location:** Senior Center Craft Room, Lower Floor

## DRIVER'S ED-AARP

This refresher course is classroom based and reviews the basics of driving. Successful completion of this course may result in the reduction of your car insurance. This course consists of **one, four hour class** that is **\$15.00 for AARP members** and **\$20.00 for non-AARP members**. You do not have to be a Manchester resident to take this class. Payable by check only, made out to AARP.

**Fee:** \$15.00—\$20.00/class

**Dates:** January, February, March, April, May, June, September, October, and November

**Days:** Thursday

**Time:** 8:45 am—12:45 pm

**Location:** Senior Center Card Room, Main Floor

## FRIENDSHIP CIRCLE

All are welcome to spend the morning with this friendly group to work on knitting, crocheting, and other craft projects while enjoying coffee and treats.

**Fee:** None

**Days:** Wednesday

**Time:** 8:30—11:30am

**Location:** Senior Center Craft Room, Lower Floor

## GARDENS-SR. CENTER MEMBERS

A piece of land assigned to be gardened by our Senior Center Members. These plots provide access to fresh produce and plants as well as access to satisfying labor and a sense of community and connection to the environment. Encourages allowing our Senior Center Members to grow their own food or for others to donate what they have grown. Make new friends, get outside and enjoy!

**Fee:** None

**Days:** Monday-Friday (Seasonal)

**Time:** 8:00am—8:00pm

**Location:** Senior Center Backyard of Parking Lot

## GREENHOUSE

Open to all Senior Center Members who love growing and cultivating flowers and vegetables. No experience necessary. Enjoy the sowing of seeds, watering, pruning and planting hanging baskets. Make new friends, learn new skills, reduce stress and have fun.

**Fee:** \$5.00

**Days:** Monday, Wednesday, Friday (Feb/March til May Plant Sale)

**Time:** 9:00—11:00am

**Location:** Senior Center Outside, side Parking Lot

## GUIDED MEDITATION

Relax and breathe deep. This instructor lead session will help you unwind, find inner peace, and focus on positive outcomes.

**Fee:** \$5.00

**Days:** Wednesday

**Time:** 11:15—11:45am

**Location:** Senior Center Library, Main Floor

## LIGHT-N-LIVELY—MONDAY

Come join us for one hour of a low impact cardio workout that will quicken your breath and brighten your mood. This is a very ACTIVE and fast paced class. This workout will improve your stamina, strength, and cardiovascular fitness. You may only register for two out of the three Light-N-Lively classes offered.

**Fee:** \$5.00

**Days:** Monday

**Time:** 1:20—2:15 pm

**Location:** Senior Center Auditorium, Main Floor

## LIGHT-N-LIVELY—WEDNESDAY

**Fee:** \$5.00

**Days:** Wednesday

**Time:** 1:20—2:15 pm

**Location:** Senior Center Auditorium, Main Floor

## LIGHT-N-LIVELY—FRIDAY

Come join us for one hour of a low impact cardio workout that will quicken your breath and brighten your mood. This is a very ACTIVE and fast paced class. This workout will improve your stamina, strength, and cardiovascular fitness. You may only register for two out of the three Light-N-Lively classes offered.

**Fee:** \$5.00

**Days:** Friday

**Time:** 11:00am—11:55 am

**Location:** Senior Center Auditorium, Main Floor

## LINE DANCING

A line dance is choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows. Line dancers are not in physical contact with each other. It is social, fun, and great exercise!

**Fee:** \$5.00

**Days:** Thursday

**Time:** 10:15—11:00am

**Location:** Senior Center Auditorium, Main Floor

## MAHJONG

An ancient Chinese game of skill and chance in which tiles bearing various designs are drawn and discarded until one player has an entire hand of winning combinations, or the game is drawn.

**Fee:** None

**Days:** Tuesday

**Time:** 12:30—2:30pm

**Location:** Senior Center Card Room, Main Floor

## MEMORY TO MEMOIR

Turn memories of significant events in your life into a memoir for your children and grandchildren. Learn where to start, how to get organized, and keep going until you finish. Get tips on pictures and documents to include and how to self-publish your story. Taught by Susan Omilian, published author and writing coach. No experience required.

**Fee:** \$5.00/session

**Days:** Wednesday

**AM Session Time:** 10:30am—12:00pm

**PM Session Time:** 12:30—2:00pm

**Location:** Senior Center Card Room, Main Floor

## MENS GROUP

Come on in and join this program! Get social, meet new friends and let's "shoot the breeze!" This is a great group of our Senior Center Men dropping in for an hour of conversation, current events, health topics and more. This program is facilitated by Rex, our Recreation Supervisor.

**Fee:** None

**Days:** Monday

**Time:** 10:45—11:45 am

**Location:** Library, Main Floor

## OPEN COMPUTER LAB

Check your e-mail, download pictures, surf the web, etc! Staffed by knowledgeable volunteers, so feel free to ask any questions you may have, or address any problems you encounter. No registration required for this drop in program.

**Fee:** None

**Days:** Monday—Friday

**Time:** 8:30 am—4:30 pm (During tax season hours are 8:30 am—12:00 pm)

**Location:** Senior Center Computer Room, Main Floor

## PICKLEBALL-EVENINGS

Pickleball is played much like tennis, just on a badminton-sized court. Serve the ball underhand, wait for the ball to bounce when it's returned after a serve, stay out of the "kitchen," and get two serves during your service turn. Instead of a racket, you use a paddle to play the ball. The ball resembles a whiffleball — hard plastic with holes in it.

**Fee:** None

**Days:** See Newsletter for details

**Time:** See Newsletter for details

**Location:** See Newsletter for details

## PING PONG

**Fee:** None

**Days:** Monday-Friday

**Time:** 8:30—4:30pm

**Location:** Senior Center Billiards Room, Lower Floor

## PINOCHLE

**Fee:** None

**Days:** Monday

**Time:** 12:30—2:30pm

**Location:** Senior Center Card Room, Main Floor

## POKER

**Fee:** None

**Days:** Monday

**Time:** 12:45—2:30pm

**Location:** Senior Center Bingo Room, Main Floor

## QUILTING

Enjoy working on your quilting project in the company of others. There are six sewing machines available for use. The instructor is available to assist with layout, color selection, patterns, and more. Interested seniors should be familiar with using a sewing machine and need to have some sewing experience.

**Fee:** None

**Days:** Thursday

**Time:** 1:00—4:00pm

**Location:** Senior Center Craft Room, Lower Floor

## RED HAT SOCIETY

We are the women in red hats. We meet for friendship, to learn from our guest speakers, and to plan future events. There are no set rules in this group. We go on fun and interesting outings together and have a blast! We are volunteers and caring members of society.

**Fee:** None

**Days:** 1st Tuesday/month

**Time:** 1:00—4:00 pm

**Location:** Senior Center Library, Main Floor



## SCRABBLE

A word game in which two to four players score points by forming words from individual lettered tiles on a gameboard marked with a 15×15 grid. The words are formed across and down in crossword fashion and must appear in a standard dictionary.

**Fee:** None

**Days:** Thursday

**Time:** 9:30-11:30am

**Location:** Senior Center Bingo Room, Main Floor

## SENIOR CIRCLE

This group meets for a variety of activities: crafts, games, low impact exercise, reminiscing and more. Led by our Recreation Supervisor, Rex Cone. This is not a drop in program pre-registration is required. Please call Kitty Dudley at 860-647-3211.

**Fee:** None

**Days:** Tuesday & Thursday

**Time:** 10:00am—1:00pm

**Location:** Senior Center Craft Room, Lower Floor

## SETBACK

A lot of fun to play! Involves a bidding phase and setting back a party's score if the bid is not reached. High, low, jack and game! Beginners are always welcome.

**Fee:** None

**Days:** Friday

**Time:** 12:45—3:30pm

**Location:** Senior Center Bingo Room, Main Floor

## STRENGTH & FLEX—MONDAY

This workout is great for all fitness levels. This class uses a combination of low impact aerobics, light weights, and exer-tubes. Improves balance, muscle tone, and overall cardio health.

**Fee:** \$5.00

**Days:** Monday

**Time:** 10:00—11:00 am

**Location:** Senior Center Auditorium, Main Floor

## STRENGTH & FLEX—WEDNESDAY

**Fee:** \$5.00 *ea time slot*

**Days:** Wednesday

**Time:** 10:00—11:00am & 11:00—12:00 pm

**Location:** Senior Center Auditorium, Main Floor

## STRENGTH & FLEX—FRIDAY

**Fee:** \$5.00

**Days:** Friday

**Time:** 10:00—11:00am

**Location:** Senior Center Auditorium, Main Floor

## STRONGER SENIORS

This new program will include chair aerobics, chair Zumba, and will incorporate weights, tubes, and stretching. This program will improve balance and posture, reduce your risk and fear of falling, increase flexibility and core strength, and will enhance your self confidence.

**Fee:** \$5.00

**Days:** Wednesday

**Time:** 9:15—10:00am

**Location:** Senior Center Auditorium, Main Floor

## TAI CHI 1

Learn the basic movements of this relaxing exercise class. The class is designed to flow through a range of movements that promotes improvement of posture, balance, coordination, agility, and range of motion.

**Fee:** \$5.00

**Days:** Tuesday & Friday

**Tuesday Time:** 2:30—3:30pm **Friday Time:** 1:00—2:00pm

**Location:** Senior Center Auditorium, Main Floor

## TAI CHI 2

This advanced class is for participants who have taken Tai Chi 1 and are ready for more of a challenge. More advanced movements will be taught.

**Fee:** \$5.00

**Days:** Tuesday & Friday

**Tuesday Time:** 1:30—2:30pm **Friday Time:** 12:00—1:00pm

**Location:** Senior Center Auditorium, Main Floor

## WALKING GROUP

Meets for weekly treks around town and beyond. Great way of getting in your daily dose of exercise.

**Fee:** None

**Days:** Wednesday & Friday

**Time:** 8:45—11:00am

**Location:** Outdoors, Senior Center parking lot

## WATERCOLOR & OIL

This group of artists meets weekly to draw, create, and inspire each other. New artists are always welcome.

**Fee:** None

**Days:** Tuesday

**Time:** 1:00—3:00pm

**Location:** Senior Center Craft Room, Main Floor

## WII BOWLING LEAGUE

Come play virtual bowling! Meet new friends and have fun with our video game bowling league.

**Fee:** None

**Days:** Thursday

**Time:** 10:00—11:30am

**Location:** Senior Center Library, Main Floor

## WOODWORKING

Enjoy our wonderful Hobby Shop with all of the equipment you'll need to create wood pieces. Fix old treasures or create something new. Supervised instruction is available.

**Fee:** \$5.00

**Days:** Tuesday & Wednesday

**Time:** 9:00am—12:00pm

**Location:** Senior Center Hobby Shop, Lower Floor

## YOGA PLUS—2:30PM

Designed for the active senior with few limitations. Develop your strength and respect your boundaries as you move through each posture. Please bring a mat and towel to class.

**Fee:** \$5.00

**Days:** Monday & Wednesday

**Time:** 2:30—3:30pm

**Location:** Senior Center Auditorium, Main Floor

## YOGA PLUS—3:25PM

**Fee:** \$5.00

**Days:** Monday & Wednesday

**Time:** 3:25—4:15pm

**Location:** Senior Center Auditorium, Main Floor

## ZUMBA GOLD

Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating 45 minute session of caloric burning, heart racing, muscle pumping, body energizing, awe-inspiring movements meant to engage and captivate for life!

**Fee:** \$5.00

**Days:** Thursday

**Time:** 3:00—3:45pm

**Location:** Senior Center Auditorium, Main Floor



### CLASS CONSIDERATION INFORMATION

Please do not wear any heavy chemically produced fragrances, oils, perfumes, aftershave or lotions to class. RESPECT that some participants are sensitive to the aroma of these products, especially when breathing deeply!



### PLEASE NOTE

You **MUST** wear sneakers when participating in any fitness class; no sandals, boots, shoes, etc.

Thank you!