GENERAL PROGRAM LISTING
CLASSES / DESCRIPTIONS / FEES / DATES / TIME / LOCATION
(above subject to change)
ACTUALS IN MONTHLY NEWSLETTERS.
RECREATIONAL BROCHURES or online at

AMERICAN MAHJONG
A variation (utilizing racks, jokers and score cards) of the 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 but sign-up required
Days: Friday
Time: 12:30-3:30
Location: Senior Center Card Room, 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 but sign-up required
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 but sign-up required
Days: Monday—Friday
Time: drop in 8:30am—4:15pm
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 but sign-up required
Days: Monday & Friday
Time: 10:00am—12:00 pm
Location: Senior Center Bingo Room, Main Floor

BOCCE LEAGUE (SUMMER)
BODY SCULPT—MONDAY

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: $5.00  
Days: Monday  
Time: 12:30—1:15 pm  
Location: Senior Center Auditorium, Main Floor

BODY SCULPT—WEDNESDAY

Fee: $5.00  
Days: 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 but sign-up required  
Days: 3rd Tuesday/month  
Time: 10:30—11:30am  
Location: Senior Center Library, Main Floor

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

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 but sign-up required
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

CORNHOLE

A game in which players take turns throwing 16 ounce bags of corn kernels at a raised platform with a hole in the far end. A fun, social and enjoyable activity. New players are always welcome.

Fee: None but sign-up required
Days: Thursday
Time: 9:00—11:00am
Location: Auditorium Main 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 but sign-up required
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 but sign-up required
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 but sign-up required  
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 through June 2020. As of July 2020 fees will increase to $20.00—$25.00/class.  
Dates: January, February, March, April, May, June, September, October, and November  
Days: Last Thursday of the month  
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 but sign-up required  
Days: Wednesday  
Time: 8:30—11:30 am  
Location: Senior Center Craft Room, Lower Floor

**GARDENS**

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 but sign-up required  
Days: Monday-Friday (Seasonal)  
Time: 8:00am—8:00pm

**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 until May Plant Sale)  
Time: 9:00—11:00 am  
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: Monday  
Time: 11:15—11:45am

HAND AND FOOT

A game which is often compared to Canasta. The objective of the game is to get rid of the two sets of cards in your hand, known as the hand and the foot.

Fee: None, but sign-up required  
Days: Thursday  
Time: 1:00—4:15pm  
Location: Senior Center Card Room, Main Floor, 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

Fee: $5.00  
Days: Friday  
Time: 11:00am—12:00pm  
Location: Senior Center Auditorium, Main Floor
LINE DANCING—BEGINNER

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! The beginner class is perfect for dancers just starting out.

Fee: $5.00
Days: Tuesday
Time: 10:00—11:00am
Location: Senior Center Auditorium, Main Floor

LINE DANCING—ADVANCED

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! Join the advanced class once you’ve mastered the beginner!

Fee: $5.00
Days: Tuesday
Time: 11am—12pm
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 but sign-up required
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 Liz, our Therapeutic Program Assistant.

Fee: None but sign-up required  
Days: Monday  
Time: 10:45—11:45 am  
Location: Senior Center Card Room Main Floor

**OPEN COMPUTER LAB**

Check your e-mail, download pictures, surf the web, etc! Senior help generally available M & Th 9-11 a.m.. 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

**PINOCCHLE**

A trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. It is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.

Fee: None but sign-up required  
Days: Monday  
Time: 12:30—2:30pm  
Location: Senior Center Card Room, Main Floor

**QUILTING**

Enjoy working on your quilting project in the company of others. There are six sewing machines available for use. Interested seniors should be familiar with using a sewing machine and need to have some sewing experience.

Fee: None but sign-up required  
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 but sign-up required  
Days: 1st Tuesday/month  
Time: 1:00—4:00 pm  
Location: Senior Center Library, Main Floor
SCARBBLE

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

**Fee:** None but sign-up required  
**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, reminiscing and more. Led by Liz, our Therapeutic Program Assistant. This is not a drop in program pre-registration is required. Please call Kitty Dudley at 860-647-3211.

**Fee:** $2/meeting  
**Days:** Tuesday & Thursday  
**Time:** 10:00am—12:30pm  
**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 but sign-up required  
**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  
**Days:** Wednesday  
**Time:** 10:00—11:00am OR 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 program includes 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: Wednesdays  
Time: 9:15—10:00am  
Location: Senior Center Auditorium, Main Floor

TAI CHI—BEGINNER

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: 1:30—2:30pm  
Location: Senior Center Auditorium, Main Floor

TAI CHI—ADVANCED

This advanced class is for participants who have taken Tai Chi 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: 12:30—1:30pm  
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 but sign-up required  
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 but sign-up required
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 but sign-up required
Days: Thursday
Time: 10:00—11:30am
Location: Senior Center Library, Main Floor

WOMENS 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 women dropping in for an hour of conversation, current events, health topics and more. This program is facilitated by Liz, our Therapeutic Program Assistant.
Fee: None but sign-up required
Days: Monday
Time: 9:30—10:30am
Location: Senior Center Card Room 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—2:20PM
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: 2:20—3:15pm
Location: Senior Center Auditorium, Main Floor
YOGA — 3:20PM

Fee: $5.00
Days: Monday & Wednesday
Time: 3:20—4:15pm
Location: Senior Center Auditorium, Main Floor

ZUMBA

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: 2:00—3:00pm
Location: Senior Center Auditorium, Main Floor

PLEASE NOTE
You MUST wear sneakers when participating in any fitness class; no sandals, boots, shoes, etc.
Thank you!