

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)

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

Fee: None but sign-up required

Days: Wednesday

Time: 8:30—11:00 am

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

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—11:30am

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—11:00am

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: 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

PINOCHLE

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

SCRABBLE

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 15×15 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!