

WINTER 2010 CLASSES
HEALTH & WELLNESS
Cheshire Senior Center 272-8286
REGISTRATIONS BEGIN TUESDAY, JANUARY 19TH.

Beginner Computer Class

Time: 9:00 – 10:00 am

Date: Mondays & Wednesdays, January 25 – March 8, 2010 (12-Sessions)

Cost: Members: \$24.00 Non-members: \$26.40

Room: Computer Lab

Instructor: Heather Von Fischer

No Class February 15th

Advanced Computer Class - Comfortable with the computer? Want to learn more?

Time: 9:00 – 10:00 am

Date: Mondays & Wednesdays, March 15 – April 21, 2010 (12-Sessions)

Cost: Members: \$48.00 Non-members: \$52.80

Room: Computer Lab

Instructor: Heather Von Fischer

Crocheting & Knitting Class

Time: 12:30 – 2:30 pm

Date: Mondays, January 25 – April 5, 2010 (10-Sessions)

Cost: Members: \$20.00 Non-members: \$22.00

Room: Arts/Craft

Instructor: Fran Bartlett

No Class February 15th

Chi Kung (Tai-Chi) – Tai-Chi helps improve balance, muscle strength and joint mobility, using movement & focused exercises.

Time: 1:00 – 2:00 pm

Date: Mondays, January 25 - March 22, 2010 (8-Sessions)

Cost: Members: \$16.00 Non-members: \$17.60

Room: Multi-Purpose

Instructor: Barbara Ritchie

No Class February 15th

Get Fit with Phyllis Class – Sitting, Standing, Movement, Stretching, Weights and lots of fun.

Time: Mondays: 10:15 – 11:15 am & Fridays, 9:15 – 10: 15 am

Date: Mondays & Fridays, January 25 – April 12, 2010 (20-Sessions)

Cost: Members: \$40.00 Non-members: \$44.00

Room: Multi-Purpose

Instructor: Phyllis Drescher

No Classes February 12th, February 15th & April 2nd

Arthritis Foundation Class - People with Arthritis Can Exercise. Gentle, fun movements to help reduce pain and inflammation.

Time: 12:30 – 1:15 pm

Date: Tuesdays & Thursdays, January 26 – April 1, 2010

Cost: Members: \$40.00 Non-members: \$44.00 (20-Sessions)

Room: Meeting - 2nd floor

Instructor: Phyllis Drescher

Moderate Exercise - Sitting, stretching and standing exercise. Have fun while moving those muscles.

On-going Class.

Time: 10:15 – 11:00 am

Date: Tuesdays & Thursdays

NO CHARGE

Room: Meeting - 2nd floor

Instructor: Rose Ushchak

Cardio Fitness – Stretching, light aerobics & strength training with weights.

Time: 9:00 – 10:00 am

Date: Tuesdays, January 26 – April 13, 2010 (10-Sessions)

Cost: Members: \$20.00 Non-members: \$22.00

Room: Multi-Purpose

Instructor: Kristen DePalma

No Classes: 2/16 & 3/2

Pilates – Develop a stronger core with focused breathing & stretching. Improve your circulation, flexibility & posture.

Time: 11:00 – 11:45 am

Date: Tuesdays, January 26 – March 30, 2010 (10-Sessions)

Cost: Members: \$20.00 Non-members: \$22.00

Room: Meeting – 2nd floor

Instructor: Kirsten Albrecht

Yoga: - Incorporate deep breathing, with gentle stretching & movement. Feel relaxed & refreshed.

Time: 10:00 – 11:15 am

Date: Wednesdays, January 27 – March 17, 2010 (8-Sessions)

Cost: Members: \$16.00 Non-members: \$17.60

Room: Meeting – 2nd floor

Instructor: Barbara Ritchie

Advanced Line Dancing

Time: 9:30 – 10:30 am

Date: Thursdays, January 28 – May 20, 2010 (10-Sessions)

Cost: Members: \$20.00 Non-members: \$22.00

Room: Multi-Purpose

Instructor: Ann Laliberte

No Classes: 2/4, 3/4, 4/1, 4/15, 4/22, 4/29, 5/6/10

Beginner Line Dancing

Time: 10:30 – 11:30 am

Date: Thursdays, January 28 – May 20, 2010 (10-Sessions)

Cost: Members: \$20.00 Non-members: \$22.00

Room: Multi-Purpose

Instructor: Ann Laliberte

No Classes: 2/4, 3/4, 4/1, 4/15, 4/22, 4/29, 5/6/10

Writing Seniors

Time: 1:30 – 3:00 pm

Date: Thursdays, January 28, February 11, February 25, March 11, March 25 & April 8, 2010 (6-Sessions)

Cost: Members: \$12.00 Non-members: \$13.20

Room: Arts/Craft

Instructor: Judy Boynton

Art/Painting Class - Bring out your creative talents – all mediums used.

Time: 10:30 am – 12:30 pm

Date: Fridays, January 29 – April 16, 2010 (10-Sessions)

Cost: Members: \$20.00 Non-members: \$22.00

Room: Arts/Craft

Instructor: Carla Koch

No Class: February 12th & April 2nd

Great Discussion Group – Talk Politics, News of the world and anything you want to discuss.

Time: 1:00 – 3:00 pm

Date: Fridays

NO CHARGE

Room: Arts/Craft

Instructor: Ed Kosinski

