

No class sessions on
February 13 & 19

February



Monday

Color Design 2 with David Ouellette 9 - 11
Gentle Yoga with Scott Farber 9:15 - 10:45
Chair Yoga with Becky Dawson 11 - noon
Spanish Sevillanas Dance with Eleanor Tamargo 11 - noon
Celebrate Your Photos with Susan Brenner 11:15 - 1:15
Spanish for Fun and Travel with Abigail Dyer 11:30 - 12:30
Beginners Ballroom Dance Group Class with Ramona Walter 12:15 - 1:15
Zumba Gold with Angela Engle 12:15 - 1:15
Intermediate Spanish Grammar with Abigail Dyer 12:45 - 1:45
101 WAYS TO TRANSITION TO A PLANT-BASED DIET
or to lean more to the Green on Feb. 12 with Mindy and Bruce Mylrea 1:30 - 3
Exploring with Mixed Media with Liz Monaco 1:30 - 3:30
Ballet with Judy Woodruff 1:30 - 2:30
Tap Dancing for Beginners with Judy Woodruff 2:45 - 3:45

Tuesday

Fishing on Feb. 6 with Donna Frantz 9 - 11
Fishing on Feb. 20 with Donna Frantz 9 - 11
Strength and Balance for Active Aging with Mindy Mylrea 9 - 10
Singing with Abigail Dyer 10:15 - 11:15
Tai Chi / Qigong with Scott Farber 10:30 - 11:30
Sea Shell Art on Feb. 20 with Jim Cargilo 11 - noon
Sea Shell Art on Feb. 27 with Jim Cargilo 11 - noon
Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
Mah Jongg for Beginners with Marcia Farrell 1 - 3
Collage Art Class with Jenny Keyser 1 - 3
Sound Vibrational Frequency with Sharon Infante 2:30 - 3:30

Wednesday

Learn How to Draw with Liz Monaco 9 - 11
Gentle Yoga with Scott Farber 9:15 - 10:15
Ukulele 1 for Beginners with Dennis Fermin 9:45 - 11:15
Learn to Play Chess with Estelle Thibodeau 10 - 11:30
Chair Yoga with Becky Dawson 10:30 - 11:30
Line Dance with Ramona Walter 11:45 - 12:45
Beginning Acrylic Landscape Painting with Jenny Keyser 11:30 - 1:30
Guitar 1 for Beginners with Dennis Fermin 11:30 - 1
A Journey into the Multi-sensory Universe with Cathy Werner 12:30 - 1:30
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3
Intermediate / Advanced Art with Jenny Keyser 2 - 4
Herbs and Nutrition with James Carucci 3-4

Thursday

Chair Yoga with Becky Dawson 9 - 10
Belly Dance (Level 2) with Gina Marie Newman 9:30 - 10:30
American Sign Language with Brooklyn Wilcken 10:30 - 11:30
Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
Belly Dance for Fitness and Fun with Gina Marie Newman 10:45 - 11:45
A Journey into the Multi-sensory Universe with Cathy Werner 12:30 - 1:30
Colored Pencil Art with Liz Monaco 1:30 - 3:30
Tap Dancing Level 2 with Judy Woodruff 2 - 3

