

**EAST WINDSOR TOWNSHIP
SENIOR PROGRAMS**

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WINTER



CLASSES

2012

EAST WINDSOR TOWNSHIP SENIOR PROGRAMS

Senior Program Coordinator

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Visit the East Windsor Senior Center located in East Windsor Township. The state of the art facility has many classes, events and activities to offer East Windsor and Hightstown Senior Citizens 60 years old and over.

**2012 Class schedule* Winter January 9 - March 30
Spring April 8 – June 29
Summer July 9 - September 28
Autumn October 7 – December 28**

***12 week session make up weeks April 2 – 6, July 2 -6,
October 1 – 5, December 31 – January 4***

1. ***EXERCISE CLASS:** An enjoyable hour long class that opens with limbering exercise, and moves on to low impact aerobics and strength training using hand held weights or resistance bands and small balls, and finishes with stretching and balance. Check calendar for daily times.

****Meets either Monday and Wednesday or Tuesday and Thursdays. Class sessions are 12 weeks long and meets twice weekly. Cost \$30.00***

2. **SEATED STRETCH, STRENGTHEN AND BALANCE CLASS:** Get a great workout whether you need to sit or not. This half hour class is designed for people with balance or joint problems and cannot perform an entire hour standing and exercising.

Meets Tuesday 10:35 and Thursday 10:20

Class sessions are 12 weeks long and meets twice weekly. Cost \$15.00

3. **TAI CHI CLASS:** An early Chinese art of meditation and movement designed to exercise the body and mind. Tai Chi promotes balance and fitness while increasing calmness of mind.

Meets: Thursday at 11:00 AM

Class sessions are 12 weeks long and meets once weekly. Cost \$15.00

4. **CORE BALANCE AND STRENGTH CLASS:** While improving your balance and body strength, this class will focus on your abs, back and glutes (your core muscles). Class includes sitting, standing and floor exercise on mats and is for all levels.

Meets: Tuesday at 2:00 PM and Thursday at 1:00 PM

Class sessions are 12 weeks long and meets twice weekly. Cost \$30.00

5. **LINE DANCE CLASS:** Learn to dance to a variety of music styles, standard, contemporary country and western, nostalgic big band, and current Latin favorites. Line dancing is a great way to improve memory, balance and helps keep your heart strong. Each class begins with a review so beginners are always welcome.

Meets: Wednesday at 2:00 PM

Class sessions are 12 weeks long and meets once weekly. Cost \$15.00

6. **BALLROOM DANCING CLASS:** Learn some of the most popular ballroom dances that are danced in the American style: fox trot, waltz, swing, and the Latin dances including salsa, cha-cha, and rumba.

Meets: Friday at 10:00 AM

Class sessions are 12 weeks long and meets once weekly. Cost \$15.00

7. **TAP DANCE CLASS:** Designed for the senior adult who wants to learn the basic fundamentals of tap dancing. Improves flexibility, coordination, and your sense of rhythm and timing.

Meets: Friday at 1:30 PM (Room is open for practice Thursday afternoons at 2:15)

Class sessions are 12 weeks long and meets once weekly. Cost \$15.00

8. **GENTLE YOGA CLASS:** A class for everyone. Learn breathing to calm the mind and body. Either seated in a chair or using the chair for support explore the many poses of yoga. Helps you regain balance, strength and flexibility

Meets: Monday 9:15 AM and Friday 11:15 AM

Class sessions are 12 weeks long and meets twice weekly. Cost \$30.00

9. ***DIGITAL PHOTOGRAPHY CLASSES:** Own a digital camera and want to improve the quality of your pictures? This 12 week class will cover using a digital camera, organizing photos using Picasa, and editing photos using Picasa. * *Students using digital cameras should give the following information when registering: make of camera, accurate model number of camera, contact # and if available email address. Students, if they own one, should bring their cameras to class with charged batteries and operating manuals. Students are expected to be present for each session.*

Date TBA (Spring Session) Meets: Tuesday at 1:30 PM
Class sessions are 12 weeks long and meets once weekly. Cost \$15.00

10. **WATER COLOR CLASS:** Experience all the wonders of creating with paint. Learn the basics and experiment with color, form and style. Leave with a finished masterpiece.

Meets: Monday at 1:00 PM
Class sessions are 12 weeks long and meets once weekly. Cost \$20.00

11. **NEEDLEWORKS CLUB:** Hone your skills while sewing, knitting or crocheting beautiful and decorative pieces of art.

Meets: Tuesday at 12:30 PM
There is no fee for this club

12. **SPANISH CLASS:** Learn to converse in Spanish in a warm and comfortable atmosphere.

Meets: Wednesday at 1:00 PM but check calendar for dates
There is no fee for this class

13. **CONVERSATIONAL CHINESE:** Learn to speak Mandarin Chinese in an enjoyable atmosphere.

Meets: Tuesday at 10:00 AM but subject to change
There is no fee for this class

14. **PIANO LESSONS:** Learn to play a keyboard in a small group setting.

Meets: every other Wednesday 10:30 AM - check calendar for dates
There is no fee for this class

15. **COMPUTER CLASS:** Check out the upcoming computer classes and the new computer tutoring program. Registration is required for the class.

Dates and Times TBA

16. **COMPUTER TUTORING:** Volunteers will be at the library to help anyone who has a computer usage related question or problem.

Tutoring Schedule: Monday, Wednesday, Friday 9:00 to 11:00 AM
There is no fee for this activity

17. **BUYING AND SELLING ON EBAY:** Learn how to navigate and use this fun website. Discover what it entails to be a vendor or shopper.

5 weeks Dates TBA (Spring Session)
Fee \$10.00

18. **BRIDGE FOR ADVANCED BEGINNERS AND INTERMEDIATES:** This class is for people who already play and want to make their game more enjoyable.

Monday at 1:00 PM
Class sessions are 6weeks long and meets once weekly. Cost \$10.00

19. **ZUMBA CLUB:** Dance the late afternoon away with the Zumba video in the exercise room

Meets: Wednesday at 3:00 pm
There is no fee for this club