

Senior Center Remote Programs

September 2020

Easy Dancing for Fun

Age 55+. Follow Gia in easy dance steps to lively music from around the world, including oldies and classic favorites. A great hour of movement and fun. Class will be offered remotely through the Zoom App. .

Date	Day	Time	Fee	Code
9/4-9/25	F	11:00A-12:00P	\$12	136102-11

Chair Yoga

Age 55+. Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. Class will be offered remotely through the Zoom App. .

Date	Day	Time	Fee	Code
8/31-9/21	M	11:00A-12:00P	\$12	136235-11
9/3-9/24	Th	2:00-3:00P	\$12	136235-12

Belly Dancing

Age 55+. This Senior Belly Dance Class involves EASY steps to follow with modifications for all abilities. Enjoy a renewed sense of confidence as we create beautiful signature dances. Look forward to each week with a fabulous group of ladies. Beginners welcome! Class will be offered remotely through the Zoom App.

Date	Day	Time	Fee	Code
9/2-9/23	W	2:00-3:00P	\$12	136095-11

T'ai Chi

Age 55+. T'ai chi, a mind-body practice, focuses on building strength and improving balance and flexibility through slow, fluid movement. Described as meditation in motion. Learn T'ai Chi form (Chen Style) movements, agility exercises, and several Qigong forms designed to invigorate and strengthen the whole body. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice. Class will be offered remotely through the Zoom App.

Date	Day	Time	Fee	Code
9/2-9/23	W	10:30-11:30A	\$12	136252-11

Qigong

Age 55+. Experience the benefits of movement, meditation and mindfulness. Qigong integrates body posture, movement, coordinated breathing and meditation. Its low-impact exercises are designed to boost energy and increase balance, flexibility, mobility, and relaxation. In this class, students will learn several Qigong forms as well as the Cloud Hands movement of T'ai Chi, which is often practiced individually for internal balance, coordination, and energy flow. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice. Class will be offered remotely through the Zoom App.

Date	Day	Time	Fee	Code
9/1-9/22	Tu	1:00-2:00P	\$12	136253-11

SilverSneakers: Strength & Balance, and Stability

Both classes aim to increase strength and improve balance, focus on improving power around the ankle, knee and hip joints to improve reaction time and reduce falls. Suitable for all fitness levels. A chair is used for balance and support. The class is free, but please register with your Silver Sneaker membership number. Non SilverSneaker members can also register.

Call Amy at 860-781-0300 with questions or for more information. Class will be offered remotely through the Zoom App.

Date	Day	Time	Class	Fee	Code
9/1-9/22	Tu	11:00 -11:45A	Strength & Balance	FREE	136260-11
9/3-9/24	Th	11:00 -11:45A	Strength & Balance	FREE	136260-12
9/4-9/25	Fr	9:00-10:00A	Stability	FREE	136261-11

