

GENERAL PROGRAM LISTING
Please see MONTHLY NEWSLETTERS,
RECREATIONAL BROCHURES or online at
<http://www.manchesterct.gov>

BIKING

A great way to exercise, meet new friends and explore the beautiful, well-groomed bike trails in the area. This is a fun and non-competitive biking group. Rides will last approximately one hour. Please see newsletter for biking schedule.

Fee: Free, 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.

Fee: Free, but sign-up required

Days: Monday—Friday

Time: drop in 8:30am—4:15 pm

Location: Senior Center Billiards Room, Lower Level

BINGO

Large print cards and an electronic scoreboard add to the fun of Bingo each week!

Fee: \$.025 per card

Days: Fridays

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: Free, but sign-up required

Days: Wednesdays

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 muscles and back, and Pilates exercises. This class will increase flexibility, joint mobility, balance, and coordination.

Fee: \$5.00 / session

Days: Mondays

Time: 12:30—1:15 pm

Location: Senior Center Auditorium, Main Floor

BODY SCULPT – WEDNESDAY

Fee: \$5.00 / session

Days: Wednesdays

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: Free, but sign-up required

Days: 3rd Tuesday/month

Time: 10:30—11:30 am

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 Residents—\$25 Non-Residents / year

Residents—Duplicate Bridge play only—does not require a Resident Senior Membership

Non-Residents—Duplicate Bridge play only—**no other sign-ups allowed**—does not require Non-Resident Membership

Days: Thursdays

Time: 12:30—4:00 pm

Location: Senior Center Bingo Room, Main Floor

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: Free, but sign-up required

Days: Wednesdays

Time: 12:30—4:00 pm

Location: Senior Center Bingo Room, Main Floor

CARDIO DRUMMING

An exercise class that activates your muscles with the use of drumming movements. Follow along with instructor to some great music.

Fee: \$5.00 /month

Days: Thursdays

Time: 10:00 – 11:00 am

Location: Senior Center Auditorium, 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 / session

Days: Mondays & Fridays

Time: 9:30—11:30 am

Location: Senior Center Ceramics Room, Lower Level

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: Free, but sign-up required

Days: Thursdays

Time: 11:00 – 12:00 pm

Location: Senior Center 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: Free, but sign-up required

Days: Fridays

Time: 12:45—3:00 pm

Location: Senior Center Card Room, Main 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: Free, but sign-up required

Days: Wednesdays

Time: 12:45—3:00 pm

Location: Senior Center Craft Room, Lower Level

DRIVERS 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 \$20.00 for AARP members and \$25.00 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: \$20.00—\$25.00

Dates: January, February, March, April, May, June, September, October, and November

Days: Monday – Once a 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: Free, but sign-up required

Days: Wednesdays

Time: 8:30—11:30 am

Location: Senior Center Craft Room, Lower Level

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: Free, but sign-up required

Days: Monday-Friday (Seasonal)

Time: 8:00am—8:00 pm

Location: Senior Center Backyard of Parking Lot

GOLF LEAGUES (MEN'S & WOMEN'S)

*Registration deadline

Fee: Fee changes yearly (see Senior Center newsletter for latest fee). Fee is for those with Senior Center Membership who are non-country club members, \$0.00 for country club members (Senior Center Membership required)

Days: Mondays

Time: tee times vary

Location: Manchester Country Club Golf Course

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: Free, but sign-up required

Days: Thursdays

Time: 1:00-4:15 pm

Location: Senior Center Card Room, Main Floor

LIGHT AND 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.

Fee: \$5.00 / session

Days: Mondays

Time: 11:00—12:00 or 1:20—2:15 pm

Location: Senior Center Auditorium, Main Floor

LIGHT AND LIVELY – WEDNESDAY

Fee: \$5.00 / session

Days: Wednesdays

Time: 1:20—2:15 pm

Location: Senior Center Auditorium, Main Floor

LIGHT AND LIVELY – FRIDAY

Fee: \$5.00 / session

Days: Fridays

Time: 11:00am—12:00 pm

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 / session

Days: Tuesdays

Time: 10:00—11:00 am

Location: Senior Center Auditorium, Main Floor

LINE DANCING – ADVANCED

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 / session

Days: Tuesdays

Time: 11am—12 pm

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: Free, but sign-up required

Days: Tuesdays

Time: 12:30—2:30 pm

Location: Senior Center Card Room, Main Floor

MEN'S 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 our Program Assistant.

Fee: Free, but sign-up required

Days: Mondays

Time: 10:45—11:45 am

Location: Senior Center Card Room Main Floor

MONTHLY MOVIE

Fee: Free, but sign-up requested

Days: 1 Tuesday a month (See monthly newsletter for movie title / viewing dates.)

Time: 1:00 – ending run time

Location: Senior Center Library, Main Floor

MUSIC CIRCLE

Join to sing and/or play acoustic instruments with fellow music lovers. Participants bring their own instrument to play.

Fee: Free, but sign-up requested

Days: Mondays

Time: 12:30 – 2:30 pm

Location: Senior Center Craft Room, Lower Level

OPEN COMPUTER LAB

Check your e-mail, download pictures, surf the web, etc. Senior help generally available M, W, F 9:30-11:30 a.m. No registration required for this drop-in program.

Fee: Free

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

PAINT CLASS

A local artist will instruct a 2-hr. class on how to paint a different scene each month. Come enjoy painting with acrylics on an 11x14 stretched canvas. No experience necessary. All supplies included.

Fee: \$12 per class

Days: 1 Tuesday a month—See monthly newsletter for sign-up / class dates.

Time: 9:30–11:30 am

Location: Senior Center Bingo Room, Main Floor

PIANO LESSONS

Taught by a volunteer piano teacher.

Fee: Free, but sign-up requested

Days: Fridays

Time: 8:45 – 9:45 am

Location: Senior Center Card 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 by forming combinations of cards into melds.

Fee: Free, but sign-up required

Days: Mondays

Time: 12:30–2:30 pm

Location: Senior Center Card Room, Main Floor

QUILTING

Enjoy working on your quilting project in the company of others. There is a sewing machine available for use. Interested seniors should be familiar with using a sewing machine and need to have some sewing experience.

Fee: Free, but sign-up required

Days: Thursdays

Time: 1:00—4:00 pm

Location: Senior Center Craft Room, Lower Level

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: Free, but sign-up required

Days: 1st Tuesday of the month

Time: 1:00—4:00 pm

Location: Senior Center Library, Main Floor

SAMBA

A variant of Canasta, this is a great card game to come and learn.

Fee: Free, but sign-up required

Days: Thursdays

Time: 9:00 – 12:00 pm

Location: Senior Center Card Room, 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: Free, but sign-up required

Days: Thursdays

Time: 9:30-11:30 am

Location: Senior Center Library, Main Floor

SENIOR CIRCLE

This group meets for a variety of activities: crafts, games, reminiscing and more. This is not a drop-in program.

Fee: Free, but sign-up required

Days: Tuesdays & Thursdays

Time: 10:00am—12:00 pm

Location: Senior Center Craft Room, Lower Level

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: Free, but sign-up required

Days: Fridays

Time: 12:30—3:30 pm

Location: Senior Center Bingo Room, Main Floor

SQUARE DANCING

A great form of exercise for the body and mind. Must be able to follow simple instructions and move through the dance. Out of town participants also welcome.

Fee: \$5.00 per class

Days: Thursdays (see monthly newsletter for dates)

Time: 12:30-2:15 pm

Location: Senior Center Auditorium, 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 / session

Days: Mondays

Time: 10:00—11:00 am

Location: Senior Center Auditorium, Main Floor

STRENGTH & FLEX – WEDNESDAY

Fee: \$5.00 / session

Days: Wednesdays

Time: 10:00—11:00 am OR 11:00—12:00 pm

Location: Senior Center Auditorium, Main Floor

STRENGTH & FLEX – FRIDAY

Fee: \$5.00 / session

Days: Fridays

Time: 10:00—11:00 am

Location: Senior Center Auditorium, Main Floor

STRONGER SENIORS

This program includes chair aerobics, chair Zumba, and will incorporate weights, tubes, and stretching and will improve balance and posture, reduce your risk and fear of falling, increase flexibility and core strength, as well as enhancing your self-confidence.

Fee: \$5.00 / session

Days: Wednesdays

Time: 9:15—10:00 am

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 / session

Days: Tuesdays & Fridays

Tuesday Time: 2:30—3:30 pm **Friday Time:** 1:30—2:30 pm

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 / session

Days: Tuesdays & Fridays

Tuesday Time: 1:30—2:30 pm **Friday Time:** 12:30—1:30 pm

Location: Senior Center Auditorium, Main Floor

THERAPY DOGS

Come meet golden retrievers Stella and Benny from Bright & Beautiful Therapy Dogs. Drop in anytime during the hour.

Fee: Free

Days: 2 Tuesdays a month (see monthly newsletter for dates)

Time: 10:30 – 11:30 am

Location: Senior Center Library, Main Floor

WALKING GROUP

Meets for weekly treks around town and beyond. Great way of getting in your daily dose of exercise.

Fee: Free, but sign-up required

Days: Mondays, Wednesdays & Fridays

Time: 8:45—11:00 am

Location: Outdoors, Please call for information

WATERCOLOR AND OIL

This group of artists meets weekly to draw, create, and inspire each other. New artists are always welcome.

Fee: Free, but sign-up required

Days: Tuesdays

Time: 1:00—3:00 pm

Location: Senior Center Craft Room, Lower Level

WII BOWLING

Come play virtual bowling! Meet new friends and have fun with video game bowling.

Fee: Free, but sign-up required

Days: Thursdays

Time: 10:00—11:30 am

Location: Senior Center Library, Main Floor

WOMEN'S 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 our Program Assistant.

Fee: Free, but sign-up required

Days: Mondays

Time: 9:30–10:30 am

Location: Senior Center Card Room, Main Floor

WOODWORKING

Enjoy our wonderful Hobby Shop with all the equipment you'll need to create wood pieces. Fix old treasures or create something new. An instructor is available to answer questions. Should have some previous experience.

Fee: \$5.00 / session

Days: Tuesdays & Wednesdays

Time: 9:00am–12:00 pm

Location: Senior Center Woodshop, Lower Level

YOGA – 2:20 P.M.

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 / session

Days: Mondays & Wednesdays

Time: 2:20–3:15 pm

Location: Senior Center Auditorium, Main Floor

YOGA – 3:20 P.M.

Fee: \$5.00 / session

Days: Mondays & Wednesdays

Time: 3:20–4:15 pm

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 / session

Days: Thursdays

Time: 2:30-3:30 pm

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!