

ADULT PROGRAMS CONT.

ARCHEOLOGY DIG | AGES: 18+

Location: 11 Parker Street

Join local experts for a day of digging at the ruins of Pitkin Glassworks. You will work with Manchester historians to uncover artifacts to solve this centuries old mystery - what did Pitkin Glassworks actually look like? Space is limited; registration required. For more information contact, sbell@manchesterct.gov

Sat, 5/9/26 (rain date 5/16)

10:00AM - 11:30AM

Fee: Suggested \$10 donation



ADULT DROP-IN BASKETBALL

AGES: M/TU 18+ | W 40+

Location: Verplank Elementary School

10/6/25 - 4/8/26 | 6:00PM - 9:00PM

Fee: No Fee (Must Have Valid Rec Card)

PERSONAL TRAINING ONE ON ONE

Location: Community Y Recreation Center

Your trainer will motivate you through your workout and ensure proper form and safety. Personal needs, such as introduction to cardio equipment and weights, will be addressed if needed.

Call (860) 647-3164 to book.

Fee:

(1) 1 Hour Session: \$60/\$75 (NR) per session

(5) 1 Hour Sessions: \$250/\$312 (NR) per session

(10) 1 Hour Sessions: \$400/\$500 (NR) per session

Buddy Rate (two people)

(1) 1 Hour Session: \$100/\$125 (NR) per session

(5) 1 Hour Session: \$400/\$500 (NR) per session

(10) 1 Hour Session: \$550/\$680 (NR) per session

SENIOR CENTER

ManchesterCT.gov/Government/Departments/Senior-Center

Monday - Friday | 8:30AM - 4:30PM | (860) 647-3211

Holiday Closures: Senior Center programs will be closed on Town holidays

Manchester Senior Center | 549 East Middle Turnpike

The Senior Center is a Division of the Human Services Department. The Senior Center and the Recreation Division of the Department of Leisure, Family & Recreation collaborate to provide a full spectrum of recreational, social and health programs for Manchester seniors.

PROGRAM REGISTRATION

Registration for programs is on-going. Register at the Manchester Senior Center, the Community Y Recreation Center, or at the Center Springs Recreation Office.

OFF SITE PROGRAMS

The Senior Center offers activities that are run outside of the Senior Center. These programs, as well as the Senior Center programs, are open to Manchester residents who are 60 and over. Programs include Hiking Club, Biking Club, Walking Group, and Group Travel. For more information, call the Senior Center at (860) 647-3211.

HEALTH PROGRAMS

The Manchester Health Department provides the following health programs at the Senior Center: Blood Pressure Screening, Foot Care, Fall Risk Assessments, Health Consultations and Health Education programs. For more information, call (860) 647-3211.

SOCIAL SERVICE PROGRAMS

Questions regarding health insurance, home care, housing, the Medicare Savings Plan, energy assistance or anything of a personal nature can be directed to Kitty Dudley or Ed Paquette, the Senior Center Social Workers. Make an appointment by calling (860) 647-3211.

FINANCIAL ASSISTANCE

It has been the long-standing policy of the Town Board of Directors that no Manchester resident should be denied access to town sponsored senior activities due to financial hardship or other extenuating circumstances. Contact Kitty Dudley at (860) 647-3211 for details.

CANCELLATION POLICY

During inclement weather, if Manchester Public Schools are closed, all center programs, meals and transportation are canceled for that day. The Center staff is available in the office for regular scheduled office hours. When school is on a 2-hour delay all programs, meals and transportation will be delayed until 10:30AM. Any programs that start before 10:30 AM are canceled. Call the Senior Center to listen to the voice recording or check WFSB Channel 3 or WVIT Channel 30 for updates.

SENIOR CENTER MEMBERSHIP

Membership is required to participate in Senior Center activities. Membership is open to Manchester residents only, and you must be 60 years of age or older. Memberships cost \$10 and can be purchased at the Manchester Senior Center Monday - Friday, between 8:30AM - 4:30PM. Contact the Senior Center at (860) 647-3211.

MEAL PROGRAM

Lunch is served daily at 12:00PM for those 60 and over. Reservations are required in advance no later than 12:30PM the day before, reservations can be made up to a week in advance. Call (860) 647-3211 for reservations. Cost: suggested donation of \$2.50. If you find that you need to cancel your lunch, please call the office. We appreciate as much notice as possible.

TRIPS

Trips offered by the Senior Center are advertised in the newsletter, online and trip flyers are available in the Senior Center lobby. Call Missy Rankin at (860) 647-3210 for more information.

TRANSPORTATION

The Senior Center provides rides for Manchester residents to and from the center for classes, activities and lunch. Bus rides can be scheduled up to 3:00PM the day before your ride. Call the Senior Center office at (860) 647-3211 to schedule your ride. If you find that you need to cancel your ride please call the office. We appreciate as much advance notice as possible.

**TOWN OF MANCHESTER
DIAL-A-RIDE SERVICES**

DIAL-A-RIDE is a separate service from the Manchester Senior Center Transportation. To register or to schedule a ride call (860) 870-7940. If you need more information, please direct your inquiries to Senior, Adult & Family Services at (860) 647-3096.

We're on FACEBOOK!

Make sure to Follow and Like the Manchester Senior Center Facebook Page to get the latest and greatest news! <https://www.facebook.com/ManchesterCTSeniorCenter>

SENIORFITNESS

Fitness & Movement Program dates are subject to change based on the instructor's availability.

BODY SCULPT

Weight-bearing exercise program for active older adults that includes warm-up, aerobic fitness, core strengthening, flexibility, joint mobility, balance, and coordination.

Session 1: M, 1/12/26 - 5/18/26 | 12:30PM - 1:15PM

(No program 1/19, 2/16, 5/25)

Session 2: W, 1/14/26 - 5/27/26 | 12:30PM - 1:15PM

Fee: \$5/session

CARDIO DRUMMING

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

Th, 1/15/26 - 5/28/26 | 10:00AM - 11:00AM

Fee: \$5

LIGHT-N-LIVELY

Low-impact cardio workout. Active and fast-paced.

Session 1: M, 1/12/26 - 5/18/26 | 11:00AM - 12:00PM

(no program 1/19, 2/16, 5/25)

Session 2 M, 1/12/26 - 5/18/26 | 1:20PM - 2:15PM

(no program 1/19, 2/16, 5/25)

Session 3: W, 1/14/26 - 5/27/26 | 1:20PM - 2:15PM

Session 4: F, 1/16/26 - 5/29/26 | 11:00AM - 12:00PM

(no program 4/3)

Fee: \$5/session

LINE DANCING

Line dancing is a choreographed dance with repeated sequences of steps that people follow in lines or rows. Beginner and Advanced classes are available.

Session 1 | Beginner | T, 1/13/26 - 5/26/26

10:00AM - 11:00AM

Session 2 | Advanced | T, 1/13/26 - 5/26/26

11:00AM - 12:00PM

Fee: \$5/session

SQUARE DANCING

Learn new dances and follow along with the steps and movements shouted out by a caller. No experience or partner needed! Out-of-town participants are welcome to attend; advanced registration is required.

Th, 1/15/26 - 5/21/26 | 12:30PM - 2:15PM

Fee: \$5/class, \$5/class (NR)



STRENGTH & FLEX

This class uses a combination of low-impact aerobics and light weights to improve balance, muscle tone, and overall cardio health. Great for all fitness levels.

Session 1: M, 1/12/26 - 5/18/26 | 10:00AM - 11:00AM

(no program 1/19, 2/16, 5/25)

Session 2: W, 1/14/26 - 5/27/26 | 10:00AM - 11:00AM

Session 3: W, 1/14/26 - 5/27/26 | 11:00AM - 12:00PM

Session 4: F, 1/16/26 - 5/29/26 | 10:00AM - 11:00AM

(no program 4/3)

Fee: \$5/session

STRONGER SENIORS

This chair exercise class uses aerobics, weight training, resistance bands, and stretching. Improve strength, flexibility, posture, and balance from the comfort of a chair.

W, 1/14/26 - 5/27/26 | 9:15AM - 10:00AM

Fee: \$5

TAI CHI

Enjoy a calming exercise that enhances well-being, balance, flexibility, and reduces stress through slow, flowing movements. Beginner and Advanced sessions available.

Session 1 Beginner | T/F, 1/13/26 - 5/29/26

(no program 4/3)

T, 2:30 PM - 3:30PM | F, 1:30PM - 2:30PM

Session 2 Advanced | T/F, 1/13/26 - 5/29/26

(no program 4/3)

T, 1:30 PM - 2:30PM | F, 12:30PM - 1:30PM

Fee: \$5/session

YOGA +

This yoga class is specifically designed for seniors and can be done from the ground or a chair.

Session 1: M, 1/12/26 - 5/18/26 | 2:20PM - 3:15PM

(no program 1/19, 2/16, 5/25)

Session 2: M, 1/12/26 - 5/18/26 | 3:20PM - 4:15PM

(no program 1/19, 2/16, 5/25)

Session 3: W, 1/14/26 - 5/27/26 | 2:20PM - 3:15PM

Session 4: W, 1/14/26 - 5/27/26 | 3:20PM - 4:15PM

Fee: \$5/session

ZUMBA GOLD

Zumba Gold fuses hypnotic Latin rhythms and easy-to-follow dance moves to create a dynamic workout specially designed for seniors.

Th, 1/15/26 - 5/28/26 | 2:30PM - 3:30PM

Fee: \$5

SENIOR BASKETBALL

Location: Community Y Recreation Center

M, W, F | 1/12/26 - 6/5/26

8:30AM - 10:30AM

(no program 1/19, 2/16, 4/3, 5/25)

Fee: \$10/\$20 (NR)

STEADY AS WE GO

Location: Community Y

Chair-based exercise class that uses light weights, exercise bands, or no weights at all. Great for improving posture and balance.

T/Th, 1/13/26 - 5/28/26 | 11:00AM - 12:00PM

Fee: \$5



SENIOREXPLORE

BIKING CLUB

Location: offsite

Participants ride approximately 15-20 miles per ride. Contact the Senior Center for the full schedule.

M, Contact the senior center for scheduled rides

1:00PM - 3:30PM

HIKING CLUB

Location: offsite

Enjoy hikes on local trails with friends. Contact the Senior Center for the full schedule.

Th, contact the senior center for scheduled hikes

1:00PM - 3:00PM

WALKING GROUP

Location: Local Trails

This group meets for walks on local trails in Manchester and Vernon. Call the Senior Center for the full schedule.

M, W, F, 1/5/26 - 5/29/26 | 8:45AM - 11:00AM

(No group 1/19, 2/16, 4/3, 5/25)

BILLIARDS

Drop in and play on one of three billiard tables.
M-F, 1/5/26 - 5/29/26 | 8:30AM - 4:15PM
(No group 1/19, 2/16, 4/3, 5/25)

SAMBA

Card game, a variant of canasta.
M/Th, 1/5/26 - 5/28/26
M, 12:30PM - 3:30PM
Th, 9:00AM - 12:00PM
(No group 1/19, 2/16, 5/25)

PINOCHLE

A card game played with a 48-card deck, score points for various combinations, and win tricks.
M, 1/5/26 - 5/18/26 | 12:30PM - 2:00PM
(No group 1/19, 2/16, 5/25)

BOARD GAME GROUP

Join our senior board game group for fun, friends, and friendly competition. All games, all skill levels.
M, 1/5/26 - 5/18/26 | 10:00AM - 12:00PM
(No group 1/19, 2/16, 5/25)

MUSIC CIRCLE

This group meets weekly to play their acoustic instruments and sing with fellow music lovers. Take turns suggesting and playing your favorite songs!
M, 1/5/26 - 5/18/26 | 1:00PM - 3:00PM
(No group 1/19, 2/16, 5/25)

THERAPY DOGS

Come meet the "Bright and Beautiful Therapy Dogs" on the 1st Tuesday of the month.
1st T, 1/6/26 - 5/5/26 | 10:30AM - 11:30AM

CHESS CLUB

Join the Senior Center Chess Club for friendly competition and mental stimulation. All skill levels are welcome.
T, 1/6/26 - 5/26/26 | 10:00AM - 11:00AM

MAHJONGG

A Chinese game played with tiles, collect winning sets to win!
T, 1/6/26 - 5/26/26 | 12:30PM - 2:30PM

RED HAT SOCIETY

We are the women in the red and pink hats. We meet on the first Tuesday of every month. Bring a friend, all are welcome!
1st T, 1/6/26 - 5/5/26 | 1:00PM - 3:30PM
Fee: Membership Dues

FRIENDSHIP CIRCLE

Coffee, crafts, and fun. All are welcome to spend the morning with this friendly group working on knitting, crocheting, and other craft projects.
W, 1/7/26 - 5/27/26 | 8:30AM - 11:30AM

SOCIAL BRIDGE

A card game played by teams of 2 to win points.
W, 1/7/26 - 5/27/26 | 12:30PM - 4:00PM

DOMINOES

Join us for an afternoon of Mexican Train Dominoes.
W, 1/7/26 - 5/27/26 | 12:45PM - 3:00PM

HAND & FOOT

A card game related to canasta!
Th, 1/8/26 - 5/28/26 | 1:00PM - 4:15PM

SCRABBLE

A board game played with 2-4 players using their vocabulary to create words and score points.
Th, 1/8/26 - 5/28/26 | 9:30AM - 11:30AM

SETBACK

American trick-taking card game.
F, 1/9/26 - 5/29/26 | 12:30PM - 3:00PM
(No group 4/3)

BINGO

Enjoy this game of chance as you mark off numbers on your card, and shout BINGO when you win!
F, 1/9/26 - 5/29/26 | 10:00AM - 12:00PM
(No group 4/3)
Fee: \$0.50 per Bingo Card

CRIBBAGE

This card game combines both luck and skill. Make it around the board first to win.
F, 1/9/26 - 5/29/26 (no group 4/3) | 12:30PM - 3:00PM

MONTHLY MOVIE

Join us on the second Tuesday of the month to watch a movie with friends. Check out the senior center newsletter for movie selection and any date changes.
2nd T, 1/13/26 - 5/12/26 | 1:00PM - 3:00PM

DUPLICATE BRIDGE

A variation of contract bridge.
Th, 1/15/26 - 5/28/26 | 12:30PM - 4:00PM

BOOK GROUP

Read and discuss different novels on the third Tuesday of every month!
3rd T, 1/20/26 - 5/19/26 | 10:30AM - 11:30AM

SENIOR CREATE

WATERCOLOR & OIL PAINTING GROUP

A group of artists meet to draw, create, share, and inspire each other. Participants provide their own supplies.
T, 1/6/26 - 5/26/26 | 1:00PM - 3:00PM

QUILTING GROUP

Non-Instructed group. Work on your quilting project with fellow quilters.
Th, 1/8/26 - 5/28/26 | 12:30PM - 4:00PM

CERAMICS

In this class, you'll learn how to handle unfinished clay pieces under the direction of a very experienced instructor. Learn techniques for painting, glazing, and firing.

Session 1: M, 1/12/26 - 5/18/26 | 9:30AM- 11:30AM
(no program 1/19, 2/16, 5/25)

Session 2: F, 1/16/26 - 5/29/26 | 9:30AM - 11:30AM
(no program 4/3)

Fee: \$5/session

PAINT CLASS

A local artist will instruct you to paint a scene on 11x14 stretched canvas. Create a one-of-a-kind masterpiece, no experience necessary.

T, See newsletter for next class date
9:00AM - 12:00PM
Fee: \$15

