

ADULT FITNESS

KUNDALINI YOGA

Kundalini yoga is the oldest known yoga practice. It has been practiced for over 7,000 years. The word Kundalini refers to the body's primal energy, which is housed in the spine. Through the practice of Kundalini yoga, one can unlock and tap into the body's energy, raising it from the base of the spine to the top of the skull. In this type of yoga, the experience is most important, not the form. You don't have to be able to twist yourself like a pretzel or be in great physical shape. Kundalini yoga works if you can breathe and move your body. Come unlock the creative potential within as you raise your Kundalini energy with this life-changing practice. Please bring a yoga mat, towel, or small blanket, and water.

Adults, Sundays, September 21 - December 14 (not Oct. 12), 6:30 - 7:45 p.m., \$64 (12 weeks), Activity # 111263-A, Function Rooms 1 & 2, Instructor: Joan Howard

NEW

GET FIT WITH PILATES

This class will incorporate pilates mat work utilizing a mini ball and flex bands (provided in class). You will also make use of the stability ball (provided by participant) which will further target core while improving posture and balance. The class will focus on improving overall muscular endurance, with an emphasis on strengthening abdominals, and lower body (glutes and thighs). Enjoy a total body conditioning and stay in shape for winter! Please bring a mat and stability ball.

Adults, Thursdays, Sept. 25 - Dec. 18 (not Nov. 27), 7:15 - 8:15 p.m., \$52 (12 weeks), Function Rooms 1 & 2, Activity # 111333-A, Instructor: Barbara Hospod

PILATES AND TONING

A fitness program that will help you to create a longer, leaner body that promotes great posture. A complete exercise program that builds inner strength as well as flexibility, with a combination of a 30-minute ballet-tone workout and a 30-minute pilates workout. This class is great for toning the whole body! If you love pilates, then you will have to try this new class! Look and feel like a movie star!

Adults, Mondays, September 22 - December 15 (not Oct. 13), 7:00 - 8:00 p.m., \$40 (12 weeks), Recreation Center Gym, Activity # 116303-A, Instructor: Susan Pilaud

PILATES MAT BASIC I

Pilates is for everyone! Whether you want to improve posture, strengthen and tone, relieve back pain, or perform better athletically, these movements are designed to strengthen and stretch muscles without putting stress on the ligaments or joints. This class focuses on mastering the principles to perform the exercises with precision, quality and control in order to achieve the benefits of Pilates training. Please bring a mat.

Adults, Tuesdays, Sept. 23 - Dec. 16 (not Nov. 11), 6:30 - 7:30 p.m., \$52 (12 weeks), Function Room 1 & 2, Activity # 111303-A, Instructor: Trish Marfione

CURVES

Curves specializes in a 30-minute total body workout especially designed for women, proven to strengthen and tone muscles while improving cardiovascular health. 30 minutes, 3 days a week = An Amazing You!

Mondays, Wednesdays and Fridays (not Dec. 26)

DATE	TIME	ACTIVITY#
Oct. 20 - Dec. 29	12:00 - 1:00 p.m.	117003-A

**Tuesdays, Thursdays and Saturdays
(not Nov. 27 & Dec. 25)**

DATE	TIME	ACTIVITY#
Oct. 21 - Dec. 30	7:00 - 9:00 a.m.	117003-B

Adults, \$58 (11 weeks), Curves, 166 Cambridge Street, Instructor: Vicky Kustov and staff



ELIMINATE FOOD CRAVINGS FOREVER

Come and learn a simple yet powerful and effective method for eliminating cravings for junk food or other unhealthy substances. EFT (Emotional Freedom Technique) is a technique which works with meridians, those channels of energy which run through the body. It is similar to acupuncture except that we don't use needles. Instead, we tap with the fingertips to stimulate certain meridian energy points. Whether you want to lose weight or just eat healthy, you will find EFT to be an enormously helpful tool to curb cravings and break poor eating habits. This two-evening presentation will also include information pertinent to nutrition and food cravings. It will end with a group hypnosis session to instill healthy eating habits, so dress comfortably and bring a pillow, mat and blanket for comfort.

Adults, Wednesdays, October 1 and 8, 7:00 - 8:30 p.m., \$24, Senior Center, Leisure Room, Activity # 100155-A, Instructor: Terry Currier

THE TLC WEIGHT LOSS PROGRAM

This ten-week weight loss group builds upon the concepts of holistic health and weight loss presented in the Eliminate Food Cravings seminar. Information regarding nutrition, exercise, and emotional eating is combined with hypnosis and EFT to provide you with the ability to lose weight and keep it off. Please bring a pillow, blanket, and mat for comfort during the hypnosis sessions.

Wednesday, October 15 - December 17 (10 weeks), 7:00 - 8:30 p.m., \$104, Senior Center, Leisure Room, Activity # 100188-A, Instructor: Terry Currier

ADULTS

STRESS REDUCTION WORKSHOPS

Stress can keep us up at night, cause irritability and make it difficult to focus. Using various relaxation techniques, including breathing exercises, visualization, meditation and progressive relaxations, you will learn to clear your mind and relax your body. This class will provide a range of tools to help you relax and let go of your stress. Bring a mat to stretch out on, blanket and pillow. Wear comfortable clothes.

Adults, Thursdays, October 2 - November 20, 6:15 - 7:00 p.m., \$44 (8 weeks), Activity # 100123-A, Location: Function Room 2, Instructor: Caroline Mallard

BOATING SKILLS AND SEAMANSHIP

NEW

The U.S Coast Guard Auxiliary's Boating Skills and Seamanship is a comprehensive course designed for both the experienced and the novice boater. This 13th edition features all new, full-color graphics and updated text. To meet NASBLA requirements, Chapters 1 – 8 and Appendix A must be taught, with the addition of your state specific boating laws. Chapters 9 – 13 are optional.

Age 9 - Adult, Thursdays, Sept. 18 - Dec. 11 (not Nov. 27), 7:00 - 9:00 p.m., \$50 (12 weeks, includes text and supplies), Activity # 153003-A, Recreation Conference Room, Instructor: Larry Nobrega FSO-PE / SO-PE

SPANISH FOR TRAVELERS

NEW

What's the fun of learning Spanish if you can't use it? In this class, you will be introduced to a quick method to learn the least Spanish needed to get by when traveling to a Latin American country. You'll learn from a simple greeting, to ordering breakfast and much more. Just bring yourself and a pen. Hasta la vista!

Adults, Wednesdays, September 24 - December 17 (not Nov. 26), 7:00 - 8:00 p.m., \$64 (12 weeks), Senior Center Room 136, Activity # 158201-A, Instructor: Consuelo Abrisqueta

INTRO TO SEWING - APRONS ARE EVERYWHERE

NEW

Learn to use your sewing machine while making one of the hottest accessories these days – an apron! In this class we'll make a chef style apron. You'll learn how to choose fabric, cut, prepare and sew a classic apron, and apply trims and pockets. You'll walk out with a stylin' fashion for your favorite cook!

Age 12 - adult, Tuesdays, September 30 - November 4, 7:00 - 8:00 p.m., \$34 (6 weeks), Activity # 100187-A, Location: Senior Center Room 136, Instructor: Ann Steeves

INTRO. TO KNITTING

This is a beginners class to knitting, so no previous skills in knitting necessary. Through group projects, you will learn skills needed to knit independently. This will cover knit, pearl, increase and decrease in addition to the ability to read a pattern by the end of the course. It does not matter if you're a lefty or a righty; you'll be able to knit after taking this class. A materials list will be provided.

Adults, Thursdays, September 18 - October 23, 6:00 - 8:00 p.m., \$49 (6 weeks), Senior Center Room 136, Instructor: Cheryl Perry, Activity # 151803-A

SEW WHAT?

Do you have an unfinished sewing project? Do you need help cutting out your project? Would you like some encouragement and support in getting the project finished? If so, then this is the opportunity that you have been looking for! This is a chance for you to get together with other people who have projects that need to be finished and to lend your help and support. Come work in a casual, fun atmosphere where friends will be helping friends. Please bring your own sewing machine.

Adults, Mondays, September 15 - December 15 (not Oct. 13 or Nov. 17) 6:00 - 9:00 p.m., \$4, Senior Center, Room 136, Activity # 154003-A, Instructor: Lydia Brown

CERAMICS

Once you have learned basic techniques, you will be able to produce beautifully finished ceramic pieces for your home or to give as gifts. The program includes instruction, paints, and firing. There are additional costs for greenware, brushes, cleaning tools and personal supplies.

DAY	TIME	ACTIVITY#
Tuesdays	7:00 - 9:00 p.m.	121003-A
Thursdays	7:00 - 9:00 p.m.	121003-B

Adults, Tuesdays, September 23 - December 9 (not Oct. 28, Nov. 11), Thursdays, September 25 - December 11 (not Oct. 30, Nov. 27), \$95 (10 weeks), Ceramics Room, Instructor: Carol Collins

SENIOR CITIZEN CERAMICS

Produce beautifully finished ceramic pieces for your home or to give as gifts. Instruction, paints and firing are included. There are additional costs for greenware, brushes, and cleaning tools.

Seniors, Thursdays, September 25 - December 11 (not Oct. 30, Nov. 27), 9:30 a.m. - 12:00 p.m., \$75 (10 weeks), Ceramics Room, Activity # 121007-A, Instructor: Carol Collins

INTRODUCTION TO JEWELRY AND METALSMITHING

NEW

Explore the exciting art of jewelry making. Design and create unique pieces of art: jewelry, sculptural objects or decorative pieces utilizing traditional metalsmithing techniques. Personalize your jewelry with stamping a quote, secret message, name or date. Learn how to apply decorative surface techniques and embellishments by hammering, texturing, and roller embossing. Using brass, copper and sterling silver form the metal by dapping, twisting, bending, corrugating, braiding, and coiling. Enhance your pieces by adding crystal beads, gemstones, and pearls. Choices of projects include: rings, earrings, bracelets, pendants, and creative functional objects such as decorative boxes, key chains, napkin rings, dog collar pendants, hair sticks and more. All tools and equipment will be provided by the instructor. Additional materials such as sterling silver and gemstones can be purchased from the instructor. **A \$25 materials fee is due the first class.**

Adults, Wednesdays, November 5 - December 17 (not Nov. 26), 6:00 - 8:00 p.m., \$120 (6 weeks), Ceramics Room, Activity # 127203-A, Instructor: Stephanie Leary

ADULTS / TRIPS & TOURS

INTRODUCTION TO GUITAR FOR ADULTS

NEW

Have you always wanted to be able to play your favorite songs? This class will give you the tools necessary to get started playing guitar. Participants will learn how the guitar works, how to play chords, how to play melody, different guitar techniques, how to read music, and basic music theory centered around the guitar. Students must bring their own guitar.

Adults, Tuesdays, October 7 - December 2 (not Nov. 11), 8:15 - 9:15 p.m., \$61 (8 weeks), Recreation Meeting Room, Activity # 141003-A, Instructor: Brian Grzelak

BE - JEWELLED FOR THE HOLIDAYS

NEW

Be creative and design an original one of a kind, Swarovski Crystal bracelet. Choose from a variety of Swarovski Crystals, Swarovski Pearls, bright Sterling Silver Beads and spacers, Bali Beads and spacers (antiqued finish), toggles and lobster clasps. Design the bracelet for yourself for everyday wear or a special occasion. Or design your bracelet and give it as a gift. Wives, teachers, parents, children, all will love such a treasured and thoughtful gift.

Adults, Wednesday, November 12, 7:30 - 9:00 p.m., \$49, Senior Center Room 136, Instructor: Bonnie LeRoux, Activity # 100190-A

FIRST TIME HOME BUYER SEMINAR

NEW

The real estate and mortgage market has changed drastically over the past year. This seminar is a chance to have your questions answered by knowledgeable professionals. The following topics will be covered: obtaining a pre-approval, shopping for the best rate and program, history (rates, financing, etc.), benefits of working with a certified buyer's real estate agent, buying vs. renting, steps to buying a home, finding the right home that fits your needs, and the procedure from making an offer to closing.

Adults, Monday, November 3, 7:00 - 9:00 p.m., Free, Recreation Conference Room, Instructors: Steve Boucher, First Mortgage Trust, Pat Linskey and Joanne Delaney, Vidoli and Associates, Activity # 100191-A

HOW TO USE THE INTERNET

In this brief introduction to the internet, we will discuss what the internet is, what kind of information is available to you, how to access it using a web browser, how to use a search engine (such as Google) to find what you are looking for, and how to navigate within a website and from one site to another. We will also touch on internet safety. This course is suitable for those with little or no internet experience.

Prerequisite: Before taking this class, you must be comfortable using the mouse and the keyboard.

Adults, Wednesdays, October 8 - November 19, 6:00 - 7:30 p.m., \$58 (7 Weeks), Activity # 153203-A, Location: Computer Room, Instructor: Margaret Montore

COMPUTERS FOR SENIORS LEVEL 1

Are you wondering what a computer can do for you? Would you like to use a computer and see what the fuss is all about? This is a basic introduction to personal computers for those with very little or no experience, designed to teach you the different ways a computer can enhance your life. You do not need to own a computer to take this course. You will learn to navigate the computer using the mouse and keyboard, conduct an internet search, and learn how email is sent and received. The pace of this class will be adjusted to the level of the participants. Prerequisite: None

Seniors, Saturdays, October 4 - November 15 (not Oct. 11), 10:35 - 12:00 a.m., \$55 (6 weeks), Activity # 152607-A Location: Computer Room, Instructor: Margaret Montore

LEVEL 2

The Level 2 class will review and extend concepts learned in the Level 1 class. After reviewing basic concepts, learn to customize the Desktop and Internet Explorer, conduct effective internet searches, save frequently visited websites as favorites, read, forward, and delete email, and view email attachments. We will also see how to shop online and discuss some of the safety concerns of the internet. The pace of the class will be adjusted to the level of the participants.

Prerequisite: Before taking this class, you should have taken the Level 1 class or have experience using the mouse and the keyboard.

Seniors, Saturdays, October 4 - November 15 (not Oct. 11), 9:00 - 10:25 a.m., \$55 (6 weeks), Activity # 152617-A, Location: Computer Room, Instructor: Margaret Montore

REGISTER NOW FOR THESE TRIPS

September 20	Scallop Festival
October 18 - 21	Nashville
November 9 - 17	Italy
February 16 - 24, 2009	Costa Rica
March 19 - 29, 2009	Panama Canal

The trips listed above have been listed in previous brochures. A limited number of spaces are still available. Please call the Recreation Department for further information and trip details.

SCHEDULED TRIPS & TOURS

"Quick List"

October 4	Vt. Green Mountain Railroad
October 30	Last Comic Standing
November 28	Annie (Musical)
December 6	New York (Shopping)
December 14	Bright Lights / Polynesian Show
December 20	Christmas Pops - Keith Lockheart
April 19 - 25, 2009	Charleston, Savannah Tour