

SENIOR PROGRAMS



NOTE: Masks for non-vaccinated individuals will be required in the Senior Center.

New! Beautify Yourself: Available 2nd & 4th Mondays starting in July. Next month's will be July 12th & 26th between 9-12pm. Need to shake off the growth of the pandemic? Why not stop by for a haircut here at the center! Kathi Franco, a licensed hair-dresser will wet and cut your hair (female or male) for only \$10. Call Roberta for an appointment 886-8669 ext. 3.

Pickleball: Monday, Tuesday, Wednesday 9:30am. Where: Academy Field Basketball Courts Cost: **Free**
The group meets for impromptu games from late April until late October. Play a round, meet new friends and enjoy the outdoors! Racquets and balls available at the senior center if needed.

New! Walking Club: Mondays: 3:00-4:00pm, Tuesdays: 3:00-4:00pm, Wednesdays: 3:00-4:00pm, Thursdays: 2:00-3:00pm, & Fridays: 2:00-3:00pm. Where: Swift Gym Cost: **Free**
Make every step count! Did you know that if you do one lap around our gym, it is approx. 100 steps and that there are 2,500 steps in a mile? Why not drop by and use the gym to do your walking (at your own pace) during these upcoming warm months.

Yoga: Tuesdays, 8:45-9:45am. Cost: \$2.00 Residents/ \$3.00 Non-residents. Instructor: Linda Morse
You will experience the basics fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. All levels are welcome. Participants must supply their own mat.

Stretch and Tone: Tuesdays, 10:00-10:45am **OR** Wednesdays, 11:00-11:45am. Where: Swift Gym Cost: \$2.00 Residents/ \$3.00 Non-Residents. Instructor: Daryl Brazo
These exercises will help to maintain muscle strength, stamina and balance using weights. Chairs may be used if necessary for balance. Participants must supply their own weights at this time.

Country Western Line Dancing: Tuesdays, 1:00-2:00 pm. Cost: \$2.00 Residents/\$3.00 Non-residents. Instructor: Jackie Will-sie.
This class will keep you moving to country western classics and hits. If you enjoy line dancing, you'll love this class!

New! Chair Yoga: Wednesdays, 1:00-2:00pm. Where: Swift Gymnasium Cost: \$2.00 Residents/ \$3.00 Non-residents
Instructor: Linda Morse. Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor. Learn ways to move as well as breath techniques for your daily living.

Philosophy Club: Monthly on 2nd & 4th Wednesdays, 9:00-10:30am. Next Meetings June 9th & June 23rd. Cost: **Free**
Instructor: Bob Houghtaling
You are invited to come and enjoy an interesting, thought provoking, and entertaining exploration of a myriad of philosophical topics. Be prepared to meet new friends, exercise your brain and have some fun along the way. No need to pre-register for this group.

Art Class: Wednesdays, 9:00-11:00am. Cost: \$2.00 Residents / \$3.00 Non-residents.
Instructor: Jeannine Anderson.
All levels are welcomed to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants supply their own materials.

Zumba: Thursdays, 1:00-2:00pm. Cost: \$2.00 Residents / \$3.00 Non-residents Instructor: Jackie Will-sie
Zumba is a fitness program that combines Latin and international music with dance moves. This class will teach you routines which incorporate interval training (alternating fast and slow rhythms) to help improve cardiovascular fitness.

Circuit Fitness: Fridays, 11:00-11:45am. Cost: \$2.00 Residents / \$3.00 Non-residents
Instructor: Michelle Anderson
Low impact exercises mixed with upper body and lower body strength training. These exercises will help to maintain muscle strength, stamina and balance using weights. Chairs may be used if necessary for balance. Participants must supply their own weights at this time.

