

## HERITAGE CENTER AT THE REDDING COMMUNITY CENTER

*Heritage Center is a place for adults to come together in a friendly environment to participate in cultural, creative, informative, and physical activities designed for their interests. It is also home to Redding's Social Services where advice and support services are available through a licensed social worker. Programs at the center are open to all adults. The listed registration fees reflect the discounted fees applied to those over the age of 50. Younger adults' fees are 50% more. Payment is expected with your registration. If you are new to a class, you may try your first class free of charge. For more detailed information on our programs, registration and services please call (203) 938-9725 or stop by the Heritage Center office in the Community Center on Lonetown Road.*

### Weekly Activities

These programs listed below are on-going and meet on a weekly basis. If a registration fee is required (those noted with \*) it must be submitted to Heritage Center office before attending the first class. If you are new to the class there is no fee for your first class. Registration is done on a monthly basis unless the program is noted as a full course of study in which case a one time advance payment for the course is required.

**Acupuncture and/or Massage** ó Beth Dobseva, a licensed practitioner, offers sessions of 15 min. @ \$15.00, 30 min. @ \$30.00, or 1 hr. @ \$60.00. Appointments must be made a week in advance by calling the Heritage Center office (203-938-9725). Payment is made to Beth at the time of your appointment. Time: **Thursdays 10:00 a.m. – 2:30 p.m.** Location: Private area of the Technology Center

**\*Art** ó An open studio class (medium of your choice) with an emphasis on composition, color, value and design. Bring your own materials and subject matter. Instructor: Adele Moros Location: Art Room

#### Tuesdays 1-3:00 p.m.

Sept. 13 ó 27 Activity # 62001-09  
3 classes  
Fee: \$24.00 Register by 9/13

Oct. 11 ó 25 Activity # 62001-10  
3 classes  
Fee: \$24.00 Register by 10/11

Nov. 1 ó 29 Activity # 62001-11  
5 classes  
Fee: \$40.00 Register by 11/1

Dec. 6 -20 Activity # 62001-12  
3 classes  
Fee: \$24.00 Register by 12/6

#### Tuesdays 6-8:00 p.m.

Sept. 13 ó 27 Activity # 62011-09  
3 classes  
Fee: \$24.00 Register by 9/13

Oct. 11 ó 25 Activity # 62011-10  
3 classes  
Fee: \$24.00 Register by 10/11

Nov. 1 ó 29 Activity # 62011-11  
5 classes  
Fee: \$40.00 Register by 11/1

Dec. 6 ó 20 Activity # 62011-12  
3 classes  
Fee: \$24.00 Register by 12/6

**Blood Pressure Screening** ó offered free of charge and conducted by visiting nurses every second and fourth Tuesday of each month at 12:45 ó 1:45 p.m. Location: Lounge

**Bridge** ó All level of players are welcome to join this group of öbridge loyalistsö. Stan Rhodes, group facilitator, willingly gives individual orientations and refreshers to the game if you would like. No registration or fee required. Time: **Tuesdays and Thursdays 12:30 – 3:00 p.m.** Location: Card room.

**Current Events** ó Join this enthusiastic discussion group and share your views on a variety of topics of current interest. Each week a group facilitator selects a topic and moderates the discussion on this relevant subject. Coffee and refreshments are served. Time: **Wednesdays 10:00 – Noon.** Location: Card Room.

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**\*Drawing** ó This class is a lovely way to explore your own creativity and drawing skills in the medium of your choice. Participants work on their own independent projects with individualized instruction. All skill levels are welcome. Instructor: Laura McCormick Location: Arts & Crafts Room

Time: **Wednesdays 10:00 a.m. – Noon.**

Sept. 14 ó 28 Activity # 62003-09  
3 classes  
Fee: \$2400 Register by 9/14

Oct. 5 - 26 Activity # 62003-10  
4 classes  
Fee: \$32.00 Register by 10/5

Nov. 2 -16, 30 Activity # 62003-11  
4 classes  
Fee: \$32.00

Dec. 7 -21 Activity # 62003-12  
3 classes  
Fee: \$ 24.00

**\*Genealogy** ó Explore your heritage and family lineage using computer technology while being guided by experienced genealogy researcher, Toni McKeen. This seven week course offers the excitement of discovery and the satisfaction of acquired knowledge that can be passed on to all family members.

The advanced class already has a start on their research, but a new beginners class is forming.

Classes held Oct. 17 - Dec. 5 Register by 10/13 Location: Computer Lab

Beginner class: **Monday 3:30 – 5:30 p.m.** Complete course fee: \$70.00 Activity # 62019-10

Advanced class: **Monday 1:30 – 3:30 p.m.** Complete course fee: \$70.00 Activity # 62020-10

**Mah Jongg** ó This centuries old game played with sets of tiles has players compete again each other to win their hand of òmah jonggö. Beginners are welcome to join and learn the game. òThere's always room for more players with or without experience,ö says game facilitator Debby Schwartz.

No registration or fees apply. Time: **Mondays 9:00 – Noon.** Location: Card Room

**Needleworks** ó A quality time for all levels of knitters, crocheters, and other needle crafters to come together and share ideas as they work on individual projects. Inspiration and assistance is always available from fellow crafters. No registration or fees apply. Time: **Tuesdays 10:00 – Noon.** Location: Lounge

**Quilting** - All levels of quilters are welcome to bring their individual projects to this class and experience the satisfaction of peer support and inspiration. Many of the quilters continue their work in the afternoon at the òquilting beeö held in the same location. There is no registration or fee for this activity.

Time: **Thursdays 10:00 – Noon;** Follow-up òquilting beeö held after lunch. Location: Arts & Crafts Room

**\*Spanish** ó Work on basic components of conversational Spanish in an informal setting.

Instructor: Mary Ellen Sanford Location: Card Room

**Beginners class: Tuesdays 10:00 – 11:00 a.m.**

Sept. 13 -27 Activity # 62012-09  
3 classes  
Fee: \$15.00 Register by 9/13

**Advanced class: Tuesdays 11:00 – Noon**

Sept. 13 ó 27 Activity # 62010-09  
3 classes  
Fee: \$15.00 Register by 9/13

Oct. 4 ó 11 Activity # 62012-10  
2 classes  
Fee: \$10.00 Register by 10/4

Oct. 4 ó 11 Activity # 62010-10  
2 classes  
Fee: \$10.00 Register by 10/4

Nov. 1, 15, & 29 Activity # 62012-11  
3 classes  
Fee: \$15.00 Register by 11/1

Nov. 1, 15, 29 Activity # 62010-11  
3 classes  
Fee: \$15.00 Register by 11/1

Dec. 6 ó 13 Activity # 62012-12  
2 classes  
Fee: \$10.00 Register by 7/28

Dec. 6 ó 13 Activity # 62010-12  
2 classes  
Fee: \$10.00 Register by 7/28

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**Tai Chi** ó This ancient discipline of slow, fluid like movements is an excellent way to relax the full body and mind. In addition, this physical activity has a wide variety of health benefits including improving balance. If you register for 3 classes per week the cost of the third class is discounted by 50%

Instructor: Deby Goldenberg    Location: Community Room

**Time: Mondays 10:00 – 11:00 a.m.**

Sept. 12 -26    Activity # 61004-09  
3 classes  
Fee: \$15.00    Register by 9/12

Oct. 3, 17 ó 24    Activity # 61004-10  
3 classes  
Fee: \$15.00    Register by 10/3

Nov. 7 ó 28    Activity # 61004-11  
4 classes  
Fee: \$20.00    Register by 11/7

Dec. 5 ó 19    Activity # 61004-12  
3 classes  
Fee: \$15.00    Register by 12/5

**Wednesdays 10:00 – 11:00 a.m.**

Sept. 14 ó 28    Activity # 61014-09  
3 classes  
Fee: \$15.00    Register by 9/14

Oct. 5 ,19ó 26    Activity # 61014-10  
3 classes  
Fee: \$15.00    Register by 10/5

Nov. 2 - 16, 30    Activity # 61014-11  
4 classes  
Fee: \$20.00    Register by 11/2

Dec. 7 ó 21    Activity # 61014-12  
3 classes  
Fee: \$15.00    Register by 12/7

**Fridays 11:00 – Noon**

Sept. 16 ó 30    Activity # 61024- 09  
3 classes  
Fee: \$15.00    Register by 9/16

Oct. 7 ó 28    Activity # 61024-10  
4 classes  
Fee: \$20.00    Register by 10/7

Nov. 4 & 18    Activity # 61024-11  
2 classes  
Fee: \$10.00    Register by 11/4

Dec. 2 ó 23    Activity # 61024-12  
4 classes  
Fee: \$20.00    Register by 12/2

**\*Technology Instruction** ó Instructors are available for helping you improve your skills in using various technologies, i.e. smart phones, digital cameras, computer photo shop, word processing, excel programs, etc. Our computer lab has recently been updated with seven new computers and current software ready for use. Call our office to let us know your need(s) and we will do our best to set up appropriate instruction for you. Dates and fees will be arranged accordingly. You are also welcome to use our computer lab on an independent basis free of charge. Please call for open tech lab times.

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**\*Yoga** ó This class consists of gentle stretching exercises designed to strengthen, relax and revitalize the body, mind, and spirit. Exercise mats are available, or you may bring your own.

Instructor: Laurie Mayer Location: Community Room

Time: **Wednesdays 8:50 – 9:50 a.m.**

Sept. 14 ó 28 Activity # 61001-09  
3 classes  
Fee: \$15.00 Register by 9/14

Oct. 5, 19 ó 26 Activity # 61001-10  
3 classes  
Fee: \$15.00 Register by 10/5

Nov. 2 -16, 30 Activity # 61001-11  
4 classes  
Fee: \$20.00 Register by 11/2

Dec. 7 ó 21 Activity # 61001-12  
3 classes  
Fee: \$15.00 Register by 12/7

**\*Yoga for the Rest of Us** ó This program is design to give older adults an opportunity to stretch and build balance without the consistent formality of traditional yoga poses. Exercise mats are available, or you may bring your own.

Instructor: Jean Rexford Location: Community Room

Time and dates to be determined. Contact the Heritage Center office after Sept. 12 for further info.

### **\*Zumba Gold**

This rhythmic aerobic exercise program with music accompaniment energizes the body. It is designed to keep you moving while being low impact and easy on the joints.

Instructor: Jessica Ewud Location: Community Room

Time: **Thursdays 9:00 – 10:00 a.m.**

Sept. 15 ó 29 Activity # 61008-09  
3 classes  
Fee: \$15.00 Register by 9/15

Oct. 6 -27 Activity # 61008-10  
4 classes  
Fee: \$20.00 Register by 10/6

Nov. 3 & 17 Activity # 61008-11  
2 classes  
Fee: \$10.00 Register by 11/3

Dec. 1 -15 Activity # 61008-12  
3 classes  
Fee: \$15.00 Register by 12/1

### **Lunch ‘n Learn Programs**

These programs are held approximately six times per year in the community room with a light lunch served at a cost of \$3.00 per person. Guest speakers offer informative presentations on topics related to health, finance, government, and legal matters. These offerings are always advertised in The Redding Pilot, our email blasts, and bulletin board flyers. A three day advance registration is required. All adults are welcome to attend. Currently we have scheduled a program for Mon. Sept. 12<sup>th</sup> entitled "Health Wisely" which will be presented by Jean Rexford, a patient legal advocate. The topic deals with practical things to know in order to be an informed patient.

### **Special “Hands On” Creativity Workshops**

These one-session workshops are designed to focus on special crafts related to seasonal events. Each uses a particular medium and is often led by a professional artist. Specific details on each workshop are posted in our flyers and email blasts approximately a month in advance with relevant registration fees and type of skills needed to complete the noted craft.

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## Special Enrichment Programs

Approximately once a month Heritage Center offers enrichments programs for all adults on topics related to music, drama, literature, art, and history. These programs are usually free and held in a cultural café setting with refreshments served. Participants are asked to register at the office at least two days in advance of a given presentation. Please watch for notices of these events in email blasts, The Redding Pilot, and our bulletin board flyers. Currently the scheduled events include:

- 9/14 @ 1:30 p.m. ó John McLeran presenting information on Redding's open space land tracts
- 9/19 @ 2:00 p.m. ó Attorney Lancaster presenting information on elder law issues
- 9/20 @ 10:00 a.m. ó Jean Schroeder's "Opera Talk"
- 9/30 @ 10:30 a.m. ó Mr. and Mrs. Lang presenting a travelogue on Myanmar (Burma): its culture and treasures
- 10/17 @ 9:00 a.m. ó AARP presenting its "Drive Smart" program
- 10/25 @ 10:00 a.m. ó Jean Schroeder's "Opera Talk II"
- 10/24 @ 1:30 p.m. ó Dr. R. Trowbridge presenting information on nutrition and what most people don't know
- 11/9 @ 1:30 p.m. ó Steve Robinson presenting "Wine Knowledge for Dummies and Everyone Else" (includes wine tasting)
- 11/15 @ 10:00 a.m. ó Jean Schroeder's "Opera Talk III"
- 12/13 @ 10:00 a.m. ó Jean Schroeder's "Opera Talk IV"

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### Class Registration Form - Redding Heritage Center

Please be sure to fill out this form completely to assure proper registration. Make checks payable to: "Town of Redding". Our mailing address: PO Box 1118 Redding, CT 06875. You may fax this form to 203-938-5018. Email information will not be shared other than our weekly "blast". You may opt out of this mailing at any time.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TOWN & ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

CLASS TITLE: \_\_\_\_\_ ACTIVITY # \_\_\_\_\_ DAY & TIME \_\_\_\_\_ COST \_\_\_\_\_

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METHOD OF PAYMENT: Cash \_\_\_\_\_ Check# \_\_\_\_\_ GRAND TOTAL: \_\_\_\_\_

I understand that the Town of Redding has no accident insurance and that costs incurred due to injury to myself while participating in the activities listed on this form are my responsibility. I release and hold the town harmless from any injuries incurred in town recreational activities. I understand photos may be used by the department for promotional purposes unless I notify the department in writing to the contrary. **Refunds for programs are given only in emergency situations as approved by the head of our department.**

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_