

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

The 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** – Beth Dobsevege, a licensed practitioner, offers sessions of 15 minute at \$15.00, 30 minutes @\$30.00 or 1 hour @ \$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: Tuesdays 10:00 a.m. – 2:30 p.m.
Location: Private area of the Tech. 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

Times: Tuesdays 1:00 p.m. – 3:00 p.m.

Sept. 12-26 Activity # 62001-09
3 classes Fee: \$24.00

Oct. 3-31 Activity #62001-10
5 classes Fee: \$40.00

Art ó (continued)

Nov. 7-28 Activity # 62001-11
4 classes Fee: \$32.00

Dec. 5-19 Activity # 62001-12
3 classes Fee: \$24.00

Blood Pressure Screening ó offered free of charge and conducted by visiting nurses every second and fourth Tuesday each month.

Time: 12:30 p.m. – 1:30 p.m.

Location: Lounge

Bridge ó All level of players are welcome to join this group of obridge 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 & Thursdays 12:30 p.m. – 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 a.m. – 12:00 p.m.

Location: Card Room

Fitness to Fit You ó A class tailored to meet your personal fitness needs. Each class has some group activities as well as more personal fitness exercises.

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Instructor Garner Lester is a certified personal trainer who has experience working with people with specific health issues as well as guiding participants in overall fitness.

Time: Fridays 9:30 a.m. – 10:30 a.m.

Location: Community Room

Sept. 15-29 Activity #61015-09
3 classes Fee: \$15.00

Oct. 6-27 Activity #61015-10
4 classes Fee: \$20.00

Nov. 3-17 Activity #61015-11
3 classes Fee: \$15.00

Dec. 1-29 Activity #61015-12
5 classes Fee: \$25.00

Mah Jongg ó This centuries old game played with sets of tiles has players compete against each other to win their hand of òmah jonnö. 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

Qi Gong & Guided Meditation ó This program is designed to help you calm your mind and become more focused. It consists of quiet chair mediation followed by slow purposeful movement to promote body awareness and focused thinking.

Instructor: Deby Goldenberg

Location: Community Room

Sept. 14-28 Activity #61005-09

4 classes Fee: \$20.00

Qi Gong & Guided Meditation (continued)

Oct. 5-26 Activity #61005-10

4 classes Fee: \$20.00

Nov. 2-30 Activity #61005-11

5 classes Fee: \$25.00

Dec. 7-28 Activity #61005-12

4 classes Fee: \$20.00

Quilting ó 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; Quilting Bee held after lunch

Location: Arts & Crafts Room

Reiki – Linda Lubin, a licensed reiki practitioner, offers 30 min. (\$40.00) or 60 min. (\$75.00) sessions of this therapeutic form of healing on Tuesdays by appointment between 10:00 a.m. and noon. Research has shown reiki is effective in relieving stress as well as pain. Appointments must be made a week in advance by calling the Heritage Center office (203)938-9725. Payment is made to Linda Lubin at the time of your appointment.

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

Instructor: Mary Ellen Sanford

Location: Arts & Crafts Room

Beginners class: Tuesdays 9:15-10:15 a.m.

Sept. 12-26 Activity #62012-09

3 classes Fee: \$15.00

Oct. 3-31 Activity #62012-10

5 classes Fee: \$25.00

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Nov. 14-28 Activity #62012-11
3 classes Fee: \$15.00

Spanish (continued)

Beginners class: Tuesdays 9:15-10:15 a.m.

Dec. 5-19 Activity #62012-12
3 classes Fee: \$15.00

Intermediate class: Tuesdays 10:30 a.m. -12:00 p.m.

Sept. 12-26 Activity #62010-09
3 classes Fee: \$24.00

Oct. 3-31 Activity #62010-10
5 classes Fee: \$40.00

Nov. 14-28 Activity #62010-11
3 classes Fee: \$24.00

Dec. 5-19 Activity #62010-12
3 classes Fee: \$24.00

***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

Beginners Class

Time: Mondays 9:00 a.m. – 10:00 a.m.

Sept. 11-25 Activity #61034-09
3 classes Fee: \$15.00

Oct. 2, 16-30 Activity #61034-10
4 classes Fee: \$20.00

Nov. 6-27 Activity #61034-11
4 classes Fee: \$20.00

Dec. 4-18 Activity #61034-12
3 classes Fee: \$15.00

Tai Chi - Intermediate Class

Time: Mondays 10:00 a.m. – 11:00 a.m.

Sept. 11-25 Activity #61004-09
3 classes Fee: \$15.00

Tai Chi ó (Intermediate class continued)

Oct. 2,16-30 Activity #61004-10
4 classes Fee: \$20.00

Nov. 6-27 Activity #61004-11
4 classes Fee: \$20.00

Dec. 4-18 Activity #61004-12
3 classes Fee: \$15.00

Time: Wednesdays 10:00 a.m. – 11:00 a.m.

Sept. 13, 27 Activity #61014-09
2 classes Fee: \$10.00

Oct. 4-25 Activity #61014-10
4 classes Fee: \$20.00

Nov. 1-29 Activity #61014-11
5 classes Fee: \$25.00

Dec. 6, 20-27 Activity #61014-12
3 classes Fee: \$15.00

Time: Fridays 11:00 a.m. – 12:00 p.m.

Sept.15-29 Activity #61024-09
3 classes Fee: \$15.00

Oct. 6-27 Activity #61024-10
4 classes Fee: \$20.00

Nov. 3-17 Activity #61024-11
3 classes Fee: \$15.00

Dec.1-22 Activity #61024-12
4 classes Fee: \$20.00

***Technology Instruction:** Instructors are available for helping you improve your skills in using various technologies, i.e. smart phones, digital cameras, computer photo shop, work processing, excel programs,

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etc. 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 fee 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.

***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 Mayper

Location: Community Room

Time: Wednesdays 8:50 a.m. – 9:50 a.m.

Sept.13-27 Activity #61001-09
3 classes Fee: \$15.00

Oct. 4-25 Activity #61001-10
4 classes Fee: \$20.00

Nov.1-29 Activity #61001-11
5 classes Fee: \$25.00

Dec. 6, 20-27 Activity #61001-12
3 classes Fee: \$15.00

Yoga for the Rest of Us ó This gentle yoga class, taught by Jean Rexford, is designed for those who are more concerned about gentle stretching, body symmetry, and relaxation rather than specific yoga postures. The class is free and meets most Tuesdays from noon to 12:45 p.m. Call our office to register and for scheduled session dates.

Lunch ‘n Learn Programs

These programs are held 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.

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 one month in advance with relevant registration fees and type of skills needed to complete the noted craft.

Special Enrichment Programs

Approximately once a month Heritage Center offers enrichment 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.

Lunch at the Heritage Center ó CW

Resources provides lunch to seniors each Tuesday and Wednesday at noon for a donation of \$3.00. If you are interested in attending, please call our office for more information (203)938-9725.

Registration - Registration forms for all Heritage Center programs are available in our office as well as on the Town of Redding website:

<http://townofreddingct.org/government/services/heritage-senior-center/>

All adults welcome to Heritage Center: A place for Fellowship, Enrichment & knowledge.

