

Redding Heritage Center News and Activities Week of 1-15-18

Special programs and notes...

Heritage Center will be closed Mon. Jan. 15 for the Martin Luther King holiday.

Next opera talk is scheduled for **Tues. Jan. 16 @ 10 a.m.** Topic: Puccini's "Tosca"

Massage/Acupuncture will not be available until Wed. Jan. 24. Schedule your appointment at any time in advance of this date.

Reflexology – a specialized foot massage designed to relieve body stress is now **available on Tuesdays from 1 – 2:30**. Call the office to schedule a 35 or 55 minute appointment for \$25 or \$35 respectfully.

New Tax Law and its implementations – Peg O'Donnell (one of our town's selectmen and a professional accountant) will speak on this topic @ 1:30 p.m. on Wed. Jan. 24. Be sure to have your questions answered by submitting them in a sealed envelope to the Heritage Center office by Jan. 18. They will promptly be forwarded to Ms. O'Donnell in advance of the program. Congress's recent action on tax reform will impact most of us and this will be a chance to get useful information on this new law. Register by Jan. 22 to attend this free offering.

Lunch at the Heritage Center – CW Resources provides lunch each Tuesday and Wednesday at noon for a donation of \$3. Those interested in attending lunch need to register one week in advance and no later than 1 p.m. on Wednesday. For the month's menu, contact the office.

Please note: For all weekly classes at the Heritage Center, please register at the office at the beginning of each month before class begins so instructors can have accurate rosters.

The week ahead...

Monday, Jan. 15 - Closed

Tuesday, Jan. 16

11 a.m. – Intermediate Spanish*
10 a.m. – Opera talk with Mrs. Jean Schroeder.
Topic: Puccini's "Tosca"
Noon – Lunch* prepared by CW Resources (Reservations must be made by noon on Wednesday of the prior week.)
12 noon – Yoga for the Rest of Us
12:30 p.m. – Bridge
1:00 p.m. - Art: Painting in all mediums*
1-2:30 p.m. – Reflexology* (sessions by appointment – call the office)

Wednesday, Jan. 17

8:50 a.m. – Yoga*
10 a.m. – Tai Chi*
10 a.m. – Drawing*
10 a.m. - Current events discussion
Noon - Lunch* prepared by CW Resources (Reservations must be made by noon on Wednesday of the prior week.)

Thursday, Jan. 18

10 a.m. - Quilting
10 – noon – Reiki session available by prior appointment*
11:30 a.m. - Guided meditation and Qi Gong* (in the community room)
12:30 p.m. - Bridge
1 p.m. - Afternoon quilting bee

Friday, Jan. 19

9:30 a.m. – Fitness to Fit You*
11:00 a.m. – Tai Chi*

*Requires registration fee. Contact the Heritage Center for details and registration information

Information...

The Heritage Center's routine schedule of operation is Monday through Thursday from 8:30 a.m. to 5:30 p.m. and Friday from 9 a.m. to noon. Stop by the office in the community center or call [203-938-9725](tel:203-938-9725) for further information on programs and to register for activities. Free van service for seniors needing transportation to medical and special services is offered Mondays through Thursdays, with first pickup at 9 a.m. and last take-home at 4:30 p.m. The van also does Friday morning runs for trips to the bank, grocery store and library. Call the Heritage Center office at least one week in advance to schedule a ride.