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 fee is required (those noted with an *), it must be submitted to Heritage Center office before attending the class. If you are new to the class, there is no fee for your first class. If possible, please register 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 Dobsevage, a licensed practitioner, offers sessions of 15 minutes at $15.00, 30 minutes at $30.00 or 1 hour at $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: Wednesdays 10:00 a.m. – 3:00 p.m.
Location: Private area of the Tech. Center

*Art – 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
Time: Location: Tuesdays 1:00 p.m. – 3:00 p.m.
Location: Arts & Crafts Room

January 7-28
4 classes
Fee: $32.00

February 4-25
4 classes
Fee: $32.00

March 3-31
5 classes
Fee: $40.00

Blood Pressure Screening – 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

Book Discussion – The last Monday of each month a group of avid readers gather to informally discuss a particular book. Book selections are made at each meeting for the next discussion. The group meets at 1:30 p.m. for about 90 minutes. Free.

Bridge – All level of players are welcome to join this group of “bridge loyalists”. 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 – This enthusiastic discussion group shares views on a variety of topics of current interest. Each week a group facilitator selects a topic and moderates the discussion on the relevant subject. Coffee and refreshments are served.

Time: Wednesdays 10:00 a.m. – 12:00 p.m.
Location: Card Room

*Fitness to Fit You – A class tailored to meet your personal fitness needs. Each class has some group activities as well as personal fitness exercises. 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. Payment for individual class is accepted.

Time: Tuesdays 9:00 a.m. – 10:00 a.m.
Location: Community Room

January 7-28
4 classes
Activity # 61016-01
Fee: $20.00

February 4-25
4 classes
Activity # 61016-02
Fee: $20.00

March 3-31
5 classes
Activity # 61016-03
Fee: $25.00
*Fitness to Fit You - continued

**Time:** Fridays 9:30 a.m. – 10:30 a.m.
**Location:** Community Room

January 3-31  Activity # 61015-01
5 classes  Fee: $25.00

February 7-28  Activity # 61015-02
4 classes  Fee: $20.00

March 6-27  Activity # 61015-03
4 classes  Fee: $20.00

*Genealogy* – Explore your heritage and family lineage using computer technology while being guided by experienced genealogy researcher, Toni McKeen. This nine week course scheduled on Monday afternoons 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 will be forming if at least 4 people register for the course.

**Classes held March 16 – May 18, 2020**

Register by 3/12/20
**Location:** Computer Lab

**Beginner Class:** Monday 3:30 p.m. – 5:30 p.m.
Complete Course Fee: $120.00   Activity # 62019-03

**Advanced Class:** Monday 1:30 p.m. – 3:30 p.m.
Complete Course Fee: $120.00   Activity # 62020-03

**Mah Jongg** – This centuries old game played with sets of tiles has players compete against each other to win their hand of “mah jongg”. Beginners are welcome to join and learn the game. If you are interested in learning to play Mah Jongg, please contact our office at (203) 938-9725. “There’s always room for more players with or without experience,” says game facilitator Debby Schwartz. No registration or fees apply.

**Time:** Fridays 9:15 a.m. – Noon
**Location:** Card Room

**Needleworks** – 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 a.m. - Noon
**Location:** Lounge

**Opera Talks** – Jean Schroeder, a knowledgeable opera enthusiast, welcomes opera lovers to join her informative program each month on a Tuesday morning at 10:00 a.m. You’ll be listening to excerpts of a specific opera at each session and refining your knowledge of various aspects of the masterpiece. Free.

**Dates:** January 14th, February 19th (12:30 p.m.), March 10th, April 14th and May 12, 2020.

**Playing with Clay** – Make vessels, jewelry and decorative objects from raw clay. Pieces will be fired in our kiln, returned to you for glazing, before given a final firing. We welcome all ability levels with facilitator Ruth Moran guiding participants through the process of clay building from beginning through finished piece.

**Facilitator:** Ruth Moran

**Time:** Mondays 2:00 p.m. – 7:00 p.m. (Open Studio with some instruction)
**Location:** Arts & Crafts Room

January 6, 13 & 27  Activity # 62005-01
3 Open Studio Sessions  Fee: $15.00  Fee does not include materials and kiln firing

February 3, 10 & 24  Activity # 62005-02
3 Open Studio Sessions  Fee: $15.00  Fee does not include materials and kiln firing

March 2-30  Activity # 62005-03
5 Open Studio Sessions  Fee: $25.00  Fee does not include materials and kiln firing
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 “quilting bee” held in the same location. There is no registration or fee for this activity.

Time: Thursdays 10:00 a.m. – Noon; Quilting Bee held after lunch
Location: Arts & Crafts Room

*Sketch, Paint, Create – A class designed to explore your own creativity and drawing skills in the medium of your choice. Participants work on their own projects with individualized attention given by instructor Laura McCormick. All skill levels welcome.

Time: Wednesdays 10:00 a.m. – Noon
Location: Arts & Crafts Room

January 8-29 Activity # 62003-01
4 classes Fee: $32.00

February 5-26 Activity # 62003-02
4 classes Fee: $32.00

March 4-25 Activity # 62003-03
4 classes Fee: $32.00

*Spanish – Work on basic components of conversational Spanish in an informal setting. Two levels of instruction are offered: “Beginners” for those without prior experience in Spanish and “Intermediate” for those who speak the language in a limited manner.

Instructor: Madeline Doscher
Location: Arts & Crafts Room

Beginners class: Tuesdays 9:45 a.m. -10:45 a.m.

January 7 & 28 Activity # 62012-01
2 classes Fee: $10.00

February 4-25 Activity # 62012-02
4 classes Fee: $20.00

March 3, 10, 24 & 31 Activity # 62012-03
4 classes Fee: $20.00

Intermediate class: Tuesdays 11:00 a.m. -12:00 p.m.

January 7 & 28 Activity # 62010-01
2 classes Fee: $10.00

February 4-25 Activity # 62010-02
4 classes Fee: $20.00

March 3, 10, 24 & 31 Activity # 62010-03
4 classes Fee: $20.00

*Tai Chi – 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 and circulation. Payment for individual class is accepted.

Instructors:
Deby Goldenberg (Monday & Friday classes)
Master June Fagan (Wednesday classes)

Location: Community Room

Beginner Class
Time: Mondays 9:00 a.m. – 10:00 a.m.

January 6, 13 & 27 Activity #61034-01
3 classes Fee: $15.00

February 3, 10 & 24 Activity # 61034-02
3 classes Fee: $15.00

March 2-30 Activity # 61034-03
5 classes Fee: $25.00

Beginner Class
Time: Wednesdays 11:10 a.m. – 12:10 p.m.

January 8-29 Activity #61054-01
4 classes Fee: $20.00

February 5-26 Activity # 61054-02
4 classes Fee: $20.00

March 4-25 Activity # 61054-03
4 classes Fee: $20.00
Tai Chi (continued)

*Yoga – 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.
January 8-29 Activity # 61001-01
4 classes Fee: $20.00

February 5-26 Activity # 61001-02
4 classes Fee: $20.00

March 4-25 Activity # 61001-03
4 classes Fee: $20.00

*Yoga Nidra – Conducive to deep emotional and physical healing, experience beautiful rejuvenation in this hour long guided meditation session by Deby Goldenberg. Please bring your own yoga mat, light blanket and bolster pillow or towel to promote your maximum relaxation. The class is held on the 2nd and 4th Thursdays of the month from 1:45 p.m. to 2:45 p.m. $8.00 per session.

Yoga for the Rest of Us – 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 10:30 a.m. to 11:15 a.m. Call our office to register and for scheduled session dates.

*Lunch at the Heritage Center – 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 (203) 938-9725 for more information and to make reservations. Reservations must be made a week in advance of attendance.

Technology Instruction: We aim to match instructors to your specific needs to help you improve your skills in using various technologies, i.e. smart phones, digital cameras, computer photo shop, word processing, excel programs, 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 fees will be set accordingly. You are also welcome to use our computer lab on an independent basis free of charge. Please call for open tech lab times.