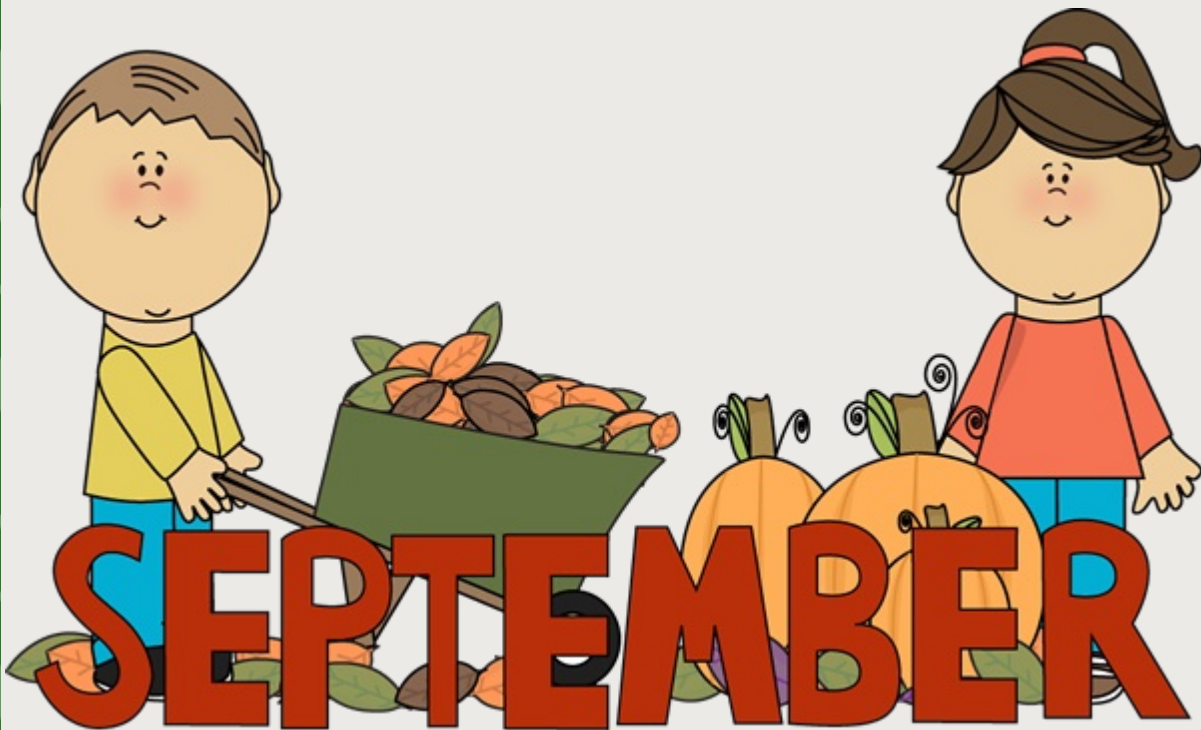




September 2022 Clinics and New Fitness Classes



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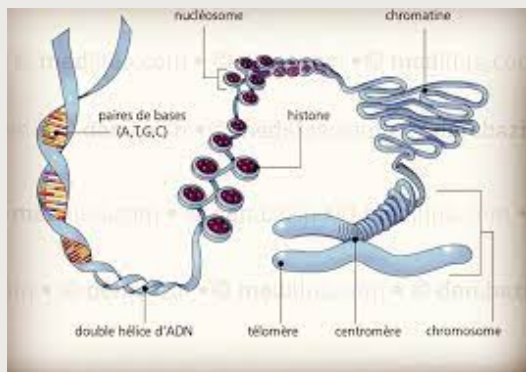
Reminder: New Fitness Class: Essentrics

*Fridays at 9:00 am
Starts September 23rd*

Please join us in trying out Essentrics, designed to help “reverse aging” and move freely without pain. Participants improve agility, strengthen their core and align their spine. We’ve heard glowing advocacy with class participants having noted the following benefits:

- Increases bone density and helps with osteoporosis
- Improves balance and mobility
- Age-defying: creating a youthful feeling body, relieving aches and pains and helps reverse chronic conditions
- Increases full body flexibility, unlocks tight muscles and joints
- Strengthens the spine and core

While not necessary, please bring an exercise mat / yoga mat if you have one. Instructor, June Bird, encourages participants to be barefoot or with socks.



Telomeres & Aging: Presentation Blood Pressure Screening

*Monday, September 26th
Presentation at 1:00 pm,
BP Screening at 12:30 pm*

What are telomeres and what can they tell us about our health and longevity? Explore what research has shown with RN and presenter Christine Burns. Also be sure to come beforehand to check your blood pressure.

COVID Booster Shot Clinic

Friday, September 30th, 1:00 – 4:00 pm

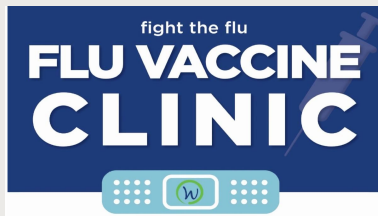
Saturday, October 1st, 1:00 – 4:00 pm



A notice from the Redding Health Department:

Redding will be holding two walk-in COVID-19 booster shot clinics at the Redding Community Center. The updated COVID-19 booster vaccines provide an immune response that is protective against the omicron variant BA.4 and BA.5. Both Moderna and Pfizer boosters will be available. The Moderna booster is approved for individuals 18 years of age and older, and the Pfizer booster is approved for individuals 12 years of age and older. Only those who have completed the primary shot series and with the most recent shot received at least 2 months ago are eligible for this updated booster. Be sure to bring your vaccination card.

Vaccine will also be available for those receiving the COVID-19 vaccination for the first time. The Pfizer vaccine is available for those age 6 months and up. At this time, the new booster for the pediatric age group has not been approved, however CDC's approval recommendation is expected soon.



Flu Clinic

Monday, October 3rd, 1:00 – 3:00 pm

The Heritage Center is hosting a flu shot clinic via Visiting Nurses of Fairfield County.

Drop-ins are accepted. Insurance is accepted from Medicare, Anthem Blue Cross/Blue Shield, Connecticare, Harvard Pilgrim and Aetna. For private pay, it is \$75 for Adjuvanted Quadrivalent (65 and older), \$55 for Regular Quadrivalent.

Moving & Grooving: New Fitness Class

Fridays at 10:00 am

Starts October 7th



We have heard your requests for a heart pumping class. June Fagan will has designed the class using kick-boxing moves, set to lively music. It is designed to make you sweat and have fun. Please email Margherita: mpilato@townofreddingct.org if you are interested.

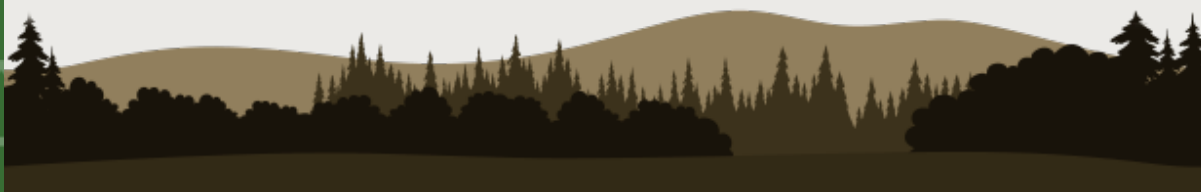
September at Redding's Heritage Center: Updated

Monday	Tuesday	Wednesday	1 Thursday	2 Friday
<i>Heritage Center closed through 9/9</i>				
5	6	7	8	9
12	13	14	15	16
9:00 Beg. Tai Chi 10:00 Tai Ji Quan: MBB 10:30 AM Clay 11:00 Tai Ji Quan: MBB 2:00 Playing w/ Clay 2:00 Restore & More	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group (in-person) 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB 2:00 Floral Workshop	9:30 Fitness to Fit You 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi/ Qi Gong 11:00 NEW: Beg. Spanish 12:30 Bridge	10:00 Tai Ji Quan: MBB 11:00 Adv. Tai Ji Quan
19	20	21	22	23
9:00 Beg. Tai Chi 10:00 Tai Ji Quan: MBB 10:30 AM Clay 11:00 Tai Ji Quan: MBB 2:00 Playing w/ Clay 2:00 Restore & More	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele 4:00 Yoga Nidra	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group (Online) 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB	9:30 Fitness to Fit You 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi/ Qi Gong 11:00 Beg. Spanish 12:30 Flamenco & Paella lunch 12:30 Bridge	9:00 NEW: Essentrics 10:00 Tai Ji Quan: MBB (last class) 11:00 Adv. Tai Ji Quan
26	27	28	29	30
9:00 Beg. Tai Chi 10:30 AM Clay 11:00 Tai Ji Quan: MBB 12:00 Beg. Pickleball 12:30 Blood Pressure Screening 1:00 Telomere Presentation 2:00 Playing w/ Clay 2:00 Restore & More	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 1:30 Talking Books: The Daughters of Yalta 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group (Online) 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB	9:30 Fitness to Fit You 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi/ Qi Gong 11:00 Beg. Spanish 12:30 Bridge	9:00 Essentrics 11:00 Adv. Tai Ji Quan

October at Redding's Heritage Center

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
9:00 Beg. Tai Chi 10:00 Tai Ji Quan: MBB 10:30 AM Clay 12:00 Beg Pickleball 1-3:00 FLU CLINIC 2:00 Playing w/ Clay 2:00 Restore & More	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group <i>(Online)</i> 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge	9:00 Essentrics 10:00 NEW: Moving & Grooving 11:00 Adv. Tai Ji Quan
10	11	12	13	14
<i>Heritage Center closed for holiday</i>	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group <i>(Online)</i> 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge	9:00 Essentrics 10:00 Moving & Grooving 11:00 Adv. Tai Ji Quan
17	18	19	20	21
9:00 Beg. Tai Chi 10:00 Tai Ji Quan: MBB 10:30 AM Clay 12:00 Beg Pickleball 2:00 Playing w/ Clay 2:00 Restore & More	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele 4:00 Yoga Nidra	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group <i>(online)</i> 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB 12:00 "Strumboli" & Salad: A Ukulele Lunch	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge	9:00 Essentrics 10:00 Moving & Grooving 11:00 Adv. Tai Ji Quan
24	25	26	27	28
9:00 Beg. Tai Chi 10:00 Tai Ji Quan: MBB 10:30 AM Clay 12:00 Beg Pickleball 12:30 Abe Lincoln Presentation 2:00 Playing w/ Clay 2:00 Restore & More	9:00 Fitness to Fit You 10:00 Adv. Tai Chi 11:00 Adv. Tai Ji Quan 12:30 Bridge 1:00 Drawing Basics 2:45 Int. Ukulele 4:00 Adv. Beg. Ukulele	8:30 Barre 9:30 Gentle Yoga 10:00 Discussion Group <i>(Online)</i> 10:00 Sketch, Paint, Create 12:00 Tai Ji Quan: MBB	9:30 Fitness TFY 10:00 Quilting 10:00 Int. Spanish 10:45 Tai Chi 11:00 Beg. Spanish 12:30 Bridge 1:00 Gut Health Presentation	9:00 Essentrics 10:00 Moving & Grooving 11:00 Adv. Tai Ji Quan
31				
9:00 Beg. Tai Chi 10:30 AM Clay 11:00 Tai Ji Quan: MBB 12:00 Beg Pickleball 2:00 Playing w/ Clay 2:00 Restore & More				

Above all, stay safe, be well!



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