Programs

**Fitness** - Participants can trial any class without obligation. Please notify the Senior Center office if you are trialing a class.

All participants are encouraged to participate at their level of fitness/comfort. Any physical concerns are to be addressed to your personal physician. Questions about modifying the routines are to be directed to your instructor. All instructors are CPR certified and qualified in the class they are teaching.

Classes that utilize the Pass System: With the Pass System, the participant purchases a card which has a specific number of classes on it that must be used within one year of purchase. The Pass must be brought to every class. Attendance will be tracked and when your “punches” are used, a new pass must be purchased.

Classes that are Session Based: These classes will have a specific start and end date. Participants can elect to attend all of the classes or half of the classes. Class sessions typically run for 2 months.

SENIOR FITNESS: Mon & Wed from 10:00am to 11:00am

Residents $50.00 for 30 classes – Non-residents $55.00 for 30 classes

Pass Class

Senior Fitness is a low impact, moderate intensity class which provides a balanced workout to promote endurance of your heart and lungs, to strengthen your muscles and bones, to improve posture and balance, to increases flexibility, and to challenge your brain. To keep things fun and interesting, we move to music from all eras and genres. Dyna bands, weights, and other props are available for strengthening and stretching. Work at your own pace in a non-judgmental, relaxed atmosphere. Modify as you need. Please bring water and wear appropriate shoes and comfortable clothes.

STRENGTH TRAINING: Mon & Wed from 11:30am to 12:30pm

Session Class - Price of class varies based on the number of classes offered

Men and women can lose more than five pounds of lean body mass (mostly muscle) every decade of their life due to disuse. Studies show that muscle mass can be increased in people of any age through regular strength training. Strength training also strengthens your bones, helps with weight management, provides relief from arthritis pain, lowers risk of injury, and improves cardiac health. Dyna bands, weights (1lb to 10lbs) and chairs are used for the class. Please bring water and wear comfortable clothing and appropriate shoes.

SENIOR YOGA: Mon at 2:30pm to 3:30pm & Tue at 8:30am to 9:30am & Thurs 9:00am to 10:00am

Residents $60.00 for 30 classes– Non-residents $65.00 for 30 classes

Pass Class

Gentle Yoga is suitable for all ages and any experience level but is especially adaptable for the varied levels of fitness and flexibility of older adults. A simple chair can be used to help provide support allowing anyone to participate and gain the enjoyment of the exercise. You will learn breathing techniques, work on balance, and build strength. Modifications are always available. Please bring a mat, towel and water. Wear comfortable clothes.

TAI CHI: Tue & Fri at 9:00am to 10:00am

Residents $48.00 for 24 classes – Non-residents $53.00 for 24 classes

Pass Class

Tai Chi is a system of exercise based on Chinese Internal Martial Arts. The techniques and practice are circulare in nature, soft, slow and continuous. This class is does Qi Gong (Chinese Health Giving Exercises) and Tai Chi Forms. Sometimes equated to “mediation in motion” Tai Chi practice is not strenuous and promotes calm, fluidity and balance. A chair can be used to assist with balance. Please bring water and wear comfortable clothing and shoes that will not stick to the wooden floor.

CHAIR YOGA: Tue & Fri 9:30am to 10:30am or 10:30am to 11:30am

Residents $36.00 for 24 classes – Non-residents $41.00 for 24 classes

Pass Class

Chair Yoga enables participants to enjoy the benefits of Yoga without having to get down or back up from the floor. This class will help participants maintain their fitness, recover after injuries or surgery while bringing calmness to the mind and a lifting of spirits. It will also help to improve brain function and co-ordination. A chair is used for the class. Please bring water and wear comfortable clothing and appropriate shoes.

WEIGHT TRAINING: Tue & Thu 10:30am to 11:15am @ ELHS Fitness Center

Residents $24.00 for 24 classes – Non-residents $29.00 for 24 classes

Pass Class

Weight Lifting is designed for the older adult who wants to improve their health. Participants will get stronger as well as maintain the integrity of their bone mass, improve one’s balance, coordination and mobility. Weight Lifting will also reduce the signs and symptoms of arthritis. Please bring water and wear comfortable clothing and appropriate shoes. The class utilizes treadmills, stationery bikes, cross trainers, nautilus weight lifting equipment as well as free weights all under the supervision of a personal fitness trainer.

ZUMBA GOLD: Tue & Thu 3:00pm to 3:55pm

Session Class - Price of class varies based on the number of classes offered

Zumba Gold is exercise is disguise. This 55 minute class begins with 35 minutes of dance (ChaCha, Salsa, Merengue, Cumbia and Pop, etc) followed by toning and balancing exercises. Class ends with a standing stretch. Come join the party! Please bring water and wear comfortable clothing and appropriate shoes.

PiYo STRENGTH: Thu 11:30am to 12:20pm

Session Class - Price of class varies based on the number of classes offered

PiYo Strength is a fun, work at your own level class, joining Pilates and Yoga into one workout. Participants will tone muscles, work on balance and get a great stretch. This class will build strength and flexibility. You will exercise your body, mind and spirit. Please bring water and a mat. Wear comfortable clothing and appropriate shoes.

P.A.C.E. – People with Arthritis Can Exercise: Thu 1:00pm to 2:00pm

Session Class - Price of class varies based on the number of classes offered

PACE is a safe fitness program that helps increase range of motion and functional movement through a series of exercises and stretches. It has been shown to help reduce pain and depression and encourage socialization all of which improve participants’ quality of life.

*Music Classes* – Explore your creative side and challenge yourself mentally by learning to play an instrument.

UKULELE – LEVEL 2: Mon 11:00am to 12:00pm

Session Class - Price of class varies based on the number of classes offered

Ukulele Lessons are provided in a high quality group session. Learn how to strum chords, play a song melody and meet others interested in music lessons. Knowing how to read music is not necessary. However, participants should know the C Family Chord Group. Loaners are available.

GUITAR – LEVEL 1: Thu 12:30pm to 1:30pm

Session Class - Price of class varies based on the number of classes offered

Guitar Lessons are provided in a high quality group session. Learn how to strum chords, play a song melody and meet others interested in music lessons. Knowing how to read music is not necessary. Loaners are available.

***Education/Enrichment Classes*** - Learn new skills in the areas of the arts, technology, health and more.  Through education develop and help maintain your mental abilities as well as enhance your self-esteem and creative needs. Explore and develop your interests.

QUILTING: 1st Mon 1:00pm to 4:00pm – 3rd Fri 5:00pm to 10:00pm – last Tue 5:00pm to 10:00pm

$2pp drop in fee on Fri and Tue – bring a dish to share on Fri & bring your own dinner on Tue

No drop in fee on Mon

No instructions but support and suggestions are always welcome. Quilting with like minded sewers. Bring your own supplies.

ART STUDIO: Tue 9:30am to 11:30am

No fee

No instruction but support and suggestions are always welcome. Watercolor with fellow painters. Bring your own supplies.

ONE-ON-ONE INTERNET: Once a month Tue from 10:15am to 12:15pm

By appointment only – 1 hour appointments

Residents $12pp – Non-residents $14pp

Individual instruction using the computers located in the East Lyme Public Library. If you have a laptop, bring it in for the session. No Apple software instruction is provided – strictly PCs.

COLORING FOR ADULTS: Thu 12:30pm to 2:30pm

No fee

Limited supplies provided by the Senior Center or bring your own coloring paper and pencils.

EAST LYME PLAYERS/DRAMA GROUP: Thu 1:00pm to 3:30pm

Session Class - Price of class varies based on the number of classes offered

This group produces staged readings that are held at the Community Center. The group consists of older adults who want to learn and explore the theater scene and all that is encompasses – production, direction, acting, backstage work, etc.

iPADS FOR BEGINNERS: Thu 1:00pm to 2:30pm

Session Class - Price of class varies based on the number of classes offered

Instruction provided in a small group setting. Bring your iPad and your Apple password. Learn to email, play games, or set a reminder to take your medications.

AARP MATURE DRIVER SAFETY CLASS: Offered monthly.

AARP members $15pp & Non-AARP members $20pp

This course reviews and reinforces safe driving skills. No driving test and no written test. Contact your automobile insurance company regarding a potential discount with completion of the course.

TRIPS PROGRAM: Offered monthly

 Day and overnight trips are planned locally as well as nationally and abroad to meet the variety of individual needs for travel.

***Cards/Games*** *-* A variety of choices for group play and individual play. Promotes mental stimulation and provides for socialization. They stimulate memory, attention skills and have great social interaction which works on many parts of the brain.  Our games programs include a variety of levels from basic to more challenging options.

CRIBBAGE: Mon 9:00am to 11:00am

No fee. Will teach if you do not know how to play.

CANASTA/HAND & FOOT: Mon 1:00pm to 3:00pm

No fee. Will teach if you do not know how to play.

SCRABBLE: Tue 9:30am to 11:30am

No fee. Will teach if you do not know how to play.

RUBBER BRIDGE SHOOT OUT: Tue 1:00pm to 4:00pm

$5pp. Must know how to play and have a partner.

MAH JONGG: Tue 12:30pm to 3:30pm

No fee. Must know how to play.

PICKLEBALL: Tue 7:30pm to 9:30am and Sat 10:30am to 1:15pm

$2pp. Must know how to play.

POKER: Wed 9:00am to 11:30am

Minimum fee. Must know how to play.

PING PONG: Wed 10:am to 11:30am

No fee. Will teach if you do not know how to play.

SOCIAL BRIDGE: Wed 1pm to 4:00pm

No fee. Must know how to play

DUPLICATE BRIDGE: Thu 1:00pm to 4:00pm

$1pp. Must know how to play and have a partner.

BINGO: Fri 1:00pm to 3:00pm

$1.00 for the 1st card and .25¢ for every additional card up to a maximum of 9 cards.

Will teach if you do not know how to play.

***Social Scene*** – The Senior Center plans, often with meals, events that are offered to provide socialization and entertainment. Any excuse for a party is considered whether it be to celebrate a National Holiday or just to have some fun. A regional dinner dance is held annually also to allow for socializing with friends from the other towns in the county.

***Health Services*** - These services are provided to help older adults age at home and stay as well as possible.  Everyone is encouraged to take advantage of the programs.

NURSE MANAGED WELLNESS CLINIC – 2nd Wed of every month from 1:00pm to 3:00pm

A nurse from the Visiting Nurses Association of Southeastern Connecticut (VNA of SECT) is available for questions regarding health and medication. Appointments are required.

BLOOD PRESSURE SCREENINGS – 2nd Thu from 12:15pm to 12:45pm and the 4th Wed from 1:15pm to 2:15pm.

A nurse from the Visiting Nurse Association of Southeastern Connecticut provides Blood Pressure Screening. No appointment necessary.

FLU SHOT CLINICS **–** One clinic held annually in the Fall.

This clinic is sponsored by the Visiting Nurse Association of Southeastern Connecticut. No appointment necessary.

***Nutrition Services*** - The Senior Nutrition Program, administered by TVCCA, offers nutritious meals on a daily basis.

BISTRO PROGRAM – Mon at 11:45am

$5pp – Must make a reservation.

CONGREGATE PROGRAM – Tue through Fri at 11:45am

Suggested donation of $3pp – Must make a reservation a day in advance.

MEALS ON WHEELS - Meals on Wheels program is offered five days per week.  MOW delivers a hot lunch, frozen dinners, frozen holiday meals, frozen weekend meals and emergency meals.