

THE HERITAGE CENTER AT THE REDDING COMMUNITY CENTER

THE HERITAGE CENTER PROVIDES REDDING SENIORS WITH A PLACE TO COME TOGETHER IN A FRIENDLY ENVIRONMENT TO PARTICIPATE IN CULTURAL AND SOCIAL ACTIVITIES, TO SEEK ADVICE AND RECOMMENDATIONS AS TO SUPPORT SERVICES AVAILABLE.

PROGRAMS ARE OPEN TO ALL ADULTS. FOR MORE INFORMATION CALL THE HERITAGE CENTER AT 203-938-9725. REGISTRATION IS BY PHONE, FAX, OR IN PERSON USING THE FORM AT THE END OF THIS SECTION. PAYMENT REQUIRED WITH REGISTRATION. REMEMBER IF THERE IS ANY CLASS THAT YOU WOULD LIKE TO TRY, THE FIRST CLASS IS FREE.

YOGA

Gentle stretching exercises designed to strengthen, relax, and revitalize body, mind and spirit. Laurie Mayerper will be your instructor.

Day : Mondays & Wednesdays
Time: 8:50-9:50 am
Location: RCC Community Room

January

Monday Activity:61011-01
Dates: 1/04/16-1/25/16 3 Classes
Fee: \$15 Register by 12/28

Wednesday Activity:61001-01
Dates: 1/6/16-1/27/16 4 Classes
Fee: \$20 Register by 12/30

February

Monday Activity: 61011-02
Dates: 2/1/16-2/29/16 4 Classes
Fee: \$20 Register by 1/25

Wednesday Activity: 61001-02
Dates: 2/3/16-2/24/16 4 Classes
Fee: \$20 Register by 1/27

March

Monday Activity: 61011-03
Dates: 3/7/16-3/28/16 4 Classes
Fee: \$20 Register by 2/29

Wednesday Activity: 61001-03
Dates: 3/2/16-3/30/16 5 Classes
Fee: \$25 Register by 2/24

April

Monday Activity: 61011-04
Dates: 4/4/16-4/25/16 4 Classes
Fee: \$20 Register by 3/28

Wednesday
Dates: 4/6/16-4/25/16
Fee: \$20

Activity:61001-04
4 Classes
Register by 3/30

Relax & Restore

A gentle stretch and toning class engaging core strength, deep breathing, and body relaxation. Helps to improve sleep, digestion, mood and flexibility. Deby Goldenberg will be your instructor.

Day: Mondays
Time: 11:15am-12:15pm
Location: RCC Community Room

January

Dates: 1/4/16-1/25/16 3 Classes
Fee: \$15 Register by 12/28

February

Dates: 2/1/16-2/29/16 4 Classes
Fee: \$20 Register by 1/25

March

Dates: 3/7/16-3/28/16 4 Classes
Fee: \$20 Register by 2/29

April

Dates: 4/4/16-4/25/16 4 Classes
Fee: \$20 Register by 3/28

Let's Get Moving

This class incorporates the 3 components of fitness: strength, flexibility and endurance, using light weights, low impact aerobic movements and stretching. Lisa Tenore will be your instructor.

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Days: Tuesdays and Thursdays Time: 9:00-10:00am
Location: RCC Community Room

January

Tuesday Activity: 61003-01
Dates: 1/5/16-1/26/16 4 Classes
Fee: \$20 Register by 12/29

Thursday Activity: 61013-01
Dates: 1/7/16-1/28/16 4 Classes
Fee: \$20 Register by 12/31

February

Tuesday Activity: 61003-02
Dates: 2/2/16-2/23/16 4 Classes
Fee: \$20 Register by 1/26

Thursday Activity: 61013-02
Dates: 2/4/16-2/25/16 4 Classes
Fee: \$20 Register by 1/28

March

Tuesday Activity: 61003-03
Dates: 3/1/16-3/29/16 5 Classes
Fee: \$25 Register by 2/23

Thursday Activity: 61013-03
Dates: 3/3/16-3/31/16 5 Classes
Fee: \$25 Register by 2/25

April

Tuesday Activity: 61003-04
Dates: 4/5/16-4/26/16 4 Classes
Fee: \$20 Register by 3/29

Thursday Activity: 61013-04
Dates: 4/7/16-4/28/16 4 Classes
Fee: \$20 Register by 3/31

Tai Chi

Tai Chi is an ancient discipline of slow, fluid like movements. This excellent art is instrumental in relaxing the full body and mind with a variety of health benefits. Deby Goldenberg will be your instructor.

Day: Mondays & Wednesdays

Time: 10:00-11:00am

Location: RCC Community Room

January

Monday Activity: 61004-01
Dates: 1/4/16-1/25/16 3 Classes
Fee: \$15 Register by 12/28

Wednesday
Dates: 1/6/16-1/27/16
Fee: \$20

Activity: 61014-01
4 Classes
Register by 12/30

February

Monday
Dates: 2/1/16-2/29/16
Fee: \$20

Activity: 61004-02
4 Classes
Register by 1/25

Wednesday
Dates: 2/3/16-2/24/16
Fee: \$20

Activity: 61014-02
4 Classes
Register by 1/27

March

Monday
Dates: 3/7/16-3/28/16
Fee: \$20

Activity: 61004-03
4 Classes
Register by 2/29

Wednesday
Dates: 3/2/16-3/30/16
Fee: \$25

Activity: 61014-03
5 Classes
Register by 2/24

April

Monday
Dates: 4/4/16-4/25/16
Fee: \$20

Activity: 61004-04
4 Classes
Register by 3/28

Wednesday
Dates: 4/26/16-4/27/16
Fee: \$20

Activity: 61014-04
4 Classes
Register by 3/30

Art

Open studio class (medium of your choice) with heavy emphasis on composition, color, value and design. Adele Moros will be your instructor

Day: Tuesdays. Choose morning OR evening

Time: 1:00pm-3:00pm(Activity:62001) & 6pm-8pm (Activity: 62011)

Location: RCC Art Room

January

Dates: 1/5/16-1/26/16
Fee: \$32.00

4 classes
Register by 12/29

February

Dates: 2/2/16-2/23/16
Fee: \$32

4 Classes
Register by 1/26

March

Dates: 3/1/16-3/29/16
Fee: \$40

5 Classes
Register by 2/23

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April
Dates: 4/5/16-4/26/16
Fee: \$32

4 Classes
Register by 3/29

March
Dates: 3/1/16-3/29/16
Fee: \$25

Activity :62010-03
5 Classes
Register by 2/23

April
Dates: 4/5/16-4/26/16
Fee: \$20

Activity: 62010-04
4 Classes
Register by 3/29

Drawing

These classes are a lovely way to spend some time on you. Beginner to advanced students welcome. This studio class is designed to offer individual instruction for independent projects. Laura McCormick will be your instructor.

Day: Wednesdays
Time: 10:00-12:00am
Location: RCC Art Room

January
Dates: 1/6/16-1/27/16
Fee: \$32

Activity: 62003-01
4 Classes
Register by 12/30

February
Dates: 2/3/16-2/24/16
Fee: \$32

Activity: 62003-02
4 Classes
Register by 1/27

March
Dates: 3/2/16-3/30/16
Fee: \$40

Activity: 62003-03
5 Classes
Register by 2/24

April
Dates: 4/6/16-4/27/16
Fee: \$32

Activity: 62003-04
4 Classes
Register by 3/30

Beginners Spanish

Beginners conversational Spanish. Mary Ellen Sanford will be your instructor.

Day: Tuesdays
Time: 10:00 am - 11:00 am
Location: RCC Game Room

January
Dates: 1/5/16-1/26/16
Fee: \$20

Activity: 62012-01
4 Classes
Register by 12/29

February
Dates: 2/2/16-2/23/16
Fee: \$20

Activity: 62012-02
4 Classes
Register by 1/26

March
Dates: 3/1/16-3/29/16
Fee: \$25

Activity: 62012-03
5 Classes
Register by 2/23

April
Dates: 4/5/16-4/26/16
Fee: \$20

Activity: 62012-04
4 Classes
Register by 3/29

Advanced Spanish

Advanced conversational Spanish. Mary Ellen Sanford will be your instructor.

Day: Tuesdays
Time: 11:00 am - 12:00 noon
Location: RCC Game Room

January
Dates: 1/5/16-1/26/16
Fee: \$20

Activity : 62010-01
4 Classes
Register by 12/29

February
Dates: 2/2/16-2/23/16
Fee: \$20

Activity: 62010-02
4 Classes
Register by 1/26

Advanced Genealogy

Class held in Computer Lab - Toni McKeen is the Instructor. Class is at 1:30 pm. We would like to start a beginners class on Mondays at 3:30 pm. Please call if you are interested. We need a minimum of 7 people.

January
Dates: 1/4/16-1/25/16
Fee: \$30

Activity: 62020-01
Classes: 3
Register by 12/28

February
Dates: 2/1/16-2/29/16
Fee: \$40

Activity: 62020-02
Classes: 4
Register by 1/25

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March

Dates: 3/7/16-3/28/16
Fee: \$30

Activity: 62020-03
Classes: 3
Register by 2/29

April

Dates: 4/4/16-4/25/16
Fee: \$40

Activity: 62020-04
Classes: 4
Register by 3/28

private practice in New York City where she has worked in luxury hotel spas and with pain management doctors. Session rates are: 15 min for \$15, 30 min. for \$30, 45 min for \$45 and one hour for \$50. Call Heritage Center (203-938-9725) to book an appointment.

Just a note: All of our trips are Bethel trips that they are willing to share with us. ALL Participants for all trips MUST be at least 50 years of age.

Microsoft Excel

Class will be held in the Computer Lab - Ernie Harrington will be the Instructor. Please call if you are interested attending classes and we will arrange classes. We need a minimum of 2 people to hold a class.

Photoshop Classes

Class will be held in the Computer Lab - Henry Polio will be the instructor. Please call if you are interested in a photoshop course, and we will arrange classes. We need a minimum of 2 people to hold a class.

Digital Cameras & Creative Photography

Classes will be held in the Computer Lab - Barry Robinson will be the instructor. Please call if you are interested in this class and we will arrange classes.

Special Offerings & Trips

On Tuesdays, from 10:00 to 3:00 - Beth Dovsevege, a nationally certified and state licensed acupuncturist having received her diploma in massage therapy and her master's degree in acupuncture from the Swedish Institute in New York City. She offers Chinese 'tui na' rehabilitative massage and acupuncture focusing on: Pain management (neck & back, hands & wrists, arms, legs & feet); gastrointestinal issues including acid reflux and nausea; reducing high blood pressure; sleep issues; stress relief & mood boosting; as well as foot and leg neuropathy. Beth has been practicing for 20 years as a massage therapist and 10 years as an acupuncturist always displaying her commitment to improving the quality of one's life by tailoring each session to individual needs. She maintains a

January 4 - Lunch :n Learn @12:30 pm 'Home Care Services Available If and When your Need Them_ . 'Home Watch Care Givers_ will present information on the variety of services their organization can offer to adults needing support while staying in their home. This is solely for your information and not a business promotion. A registration fee of \$3.00 is required by the Thursday prior to the presentation date.

January 12 - @10:00 am 'History of Opera_ part II - This informative and enriching presentation given by Reddingite Jean Schroeder. Free

January 27- @1:30 pm - 'New Discoveries of Redding's Origins_. This will be a first time presentation of the newest facts about Redding's history. Charles Couch of the Redding Historical Society is excited to share his new discoveries and keep you intrigued about our town's past. Free

February 10 - @1:30 pm - 'Valentine Favors to Make, Take and Give_ - Wendy Smith, an avid greeting card artist, will lead participants in making colorful valentine favors which will 'touch the heart_. Register by Feb. 4. Fee: \$10.00

February 16 - CT Flower Show in Hartford trip. \$80

March 2 - Trip to Broadway 'On Your Feet_ & Carmine's Restaurant \$180.

March 6 & 7 - Trip to Philadelphia Flower Show. \$375 (dbl. accommodations).

March 7 - @7:30 pm - at Mark Twain Library. The Ridgefield Visiting Nurse Assoc. along with input from Shaun Donnelly, Redding's Building Inspector, will offer advice and recommendations for making your home more user-friendly, especially for elderly and/or handicapped occupants. Free

March 16 - Trip to Aqua Turf - St. Patrick's Celebration, Cost \$77.

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March 30 - Trip to Westchester Dinner Theatre - `Man of La Mancha_ - cost \$80.

April 6 Trip to Broadway - `Beautiful_ (\$262) or `An American in Paris_ (\$232) including lunch @ Buca di Beppo.

April 18 - AARP Drive Smart Class - This program is the nation's first and largest classroom driver improvement course designed especially for motorists age 50 and older. It's a one day, four hour course. The course covers the normal changes in vision, hearing and reaction times associated with aging, and provides practical techniques to adjust for these changes. Membership in AARP is not required. Participants may qualify for a discount on their auto liability insurance. The fee is \$15 for AARP members or \$20 for non-members. You must register prior to the class date..

April 19- Trip - Medieval Times in NJ - includes dinner, museum tour & tournament - \$74.

April 20 - @1:30 pm - `Foods to Go by Mary Jo_ - MaryJo Dix head of Redding's Extended Day program, just loves to cook and be creative with food recipes. At this workshop she'll guide you in making some delicious foods that can be transported easily. Participants will make, taste, and take home samples of the items at this

workshop and receive all the recipes. Register by April 14th. Fee: TBD

Free Weekly Offerings

Mondays - 9:00 Mah Jongg
12:30 Book Discussion - Usually held once a month. In the spring and fall.

Tuesdays - 10:00 Needleworks - calling all knitters and Crocheters - bring your yarn and join the fun.
12:30 Blood Pressure Screening (2 & 4 Tu)
12:45 Bridge

Wednesday - 10:00 Current Events Discussion Group

Thursday - 10:00 Quilting - come join us if you're a beginner or an experienced quilter - all are invited
12:45 Bridge
1:00 Quilting Bee

Heritage Center Class Registration

Questions? Call us at 203-938-9725. Fax to: 203-938-2797

Mail to: Town of Redding Heritage Center, PO Box 1118, Redding, CT 06875

Name: _____

Home Ph.# _____ Cell Ph. # _____

Email: _____

Class(es) you are registering for: _____

Date class begins: _____

Fee for class: _____ (Fee must be paid with your registration)

___ check payment (Checks should be made payable to "Town of Redding")

___ cash payment

___ credit card # _____

Name as it appears on card _____ Exp. _____ CSV _____

Billing address if different from above _____