

# Class Showcase

## **Ballet: With Janet Murphy**

Learn the classical movements, positions and dances of ballet. Warm up before each class with stretching and moves that parallel osteoporosis exercise for building bone and increasing balance.

## **Beginner Tai-Chi /Tai-Chi for Seniors: With Rich Martin**

This adaptation of Tai Chi presents participants with an easy to follow set of warm-up exercises and Tai Chi postures that can be performed entirely while seated. This class is appropriate and helpful for individuals using a walker or wheelchair.

## **Bocce:**

All are welcome, no experience necessary. The goal of bocce is to throw your bocce balls closer to the Pallino than your opponent. Players throw and roll their balls in turn until all 8 balls have been thrown at the Pallino and the score is counted. First team to 11 points wins.

## **Bokwa Dance Moves: with MVP Healthcare**

Africa's answer to Zumba! This energizing cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun, easy fitness program for all ages and fitness levels!

## **Bowling:**

No experience necessary! \$10 paid at Spare Time, 1668 Route 9, CP. This includes 2 games, shoes, 2 slices of pizza, and soda. Call the Center & sign up today!

## **Chair Yoga: With Bonnie Furlong**

Chair Yoga is tailored for participants with cardiac or other chronic medical conditions or those who would like a gentle exercise program. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential.

## **Clogging: With Fran Beaudoin**

Clogging is not hard to learn and it is so much fun! As a beginner, remember, all cloggers started the same way. The class atmosphere is very comfortable, and you won't be made to feel shy or intimidated. The basic steps are reviewed each week; after that, the rest will come easily. If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable in learning to clog.

## **Exercise to Tapes:**

Participants follow the movements of people on a large screen doing various upper- and lower- body exercises. The program is designed to accommodate all levels of strength and ability. There are no floor exercises but some use of light weights is optional.

## **Golf:**

We have an active Golf League that plays at the Town's Par 3 course on Barney Road. We are currently looking for new golfers (singles and couples) to join the mixed Clifton Park Senior Community Center Golf League.

## **Healthy Bones:**

The exercise program consists of weight-bearing exercises, muscle strengthening, flexibility, posture training and balance exercises. These exercises and a healthy diet rich in calcium and vitamin D have been shown to help maintain and improve bone health. This is a low-impact program, using both hand and leg weights which are provided here.

## **Jazz Dance: With Janet Murphy**

This jazz class will build confidence, self-expression and motivation while dancing to hot jazz tunes. Many jazz warm-up steps parallel osteoporosis exercise for building bone and increase balance.

## **Latin Line Dance: With Ray and Mark Nunez**

Try our fun Latin Line dancing classes with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.

## **Qi-Gong and Tai-Chi: With Bonnie Furlong**

Tai Chi or "Chinese Shadow Boxing" is an ancient art consisting of slow, graceful and rhythmic movements. In this class you will begin learning one of the most concise and shortest of the many styles of Tai Chi taught throughout the world. This is known as 'Beijing 24 form' or Yang style 'Short Form'. The emphasis is on building health, balance, improved coordination and a calm state of mind.

## **Soul Line Dance: With Frank & Mary Colby**

Soul Line Dancing is choreographed dancing to Motown, R&B or pop music. We use music such as: The Temptations; Michael Jackson; and even Elvis and Frank. We teach easy to learn routines, but we encourage individuality and creating your own interpretation. It's "Exercise in Disguise" and a great stress reducer. It can be done by men and women of all ages and no partner needed. You don't need any dance experience, but it is helpful to be able follow some basic dance steps without detailed instruction.

## **Tap Dance: With Janet Murphy**

This class welcomes various experience levels to learn tap dancing while having fun and getting exercise. Many steps are tailored to well-loved Broadway-themed songs.

## **Yoga: With Deanna Seabridge**

This gentle Yoga class focuses on correct alignment for safety & stability, coordination of breath with movement, breathing exercises for mindfulness & focus and relaxation/meditation for a greater sense of well-being.

## **Zumba Gold: With MVP Healthcare**

This energizing cardio routine keeps you moving with a focus on movement especially for Seniors!

# Class Showcase

## Chorus:

Our group of happy singers practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. No experience necessary - just a willingness to smile and enjoy the adventure of bringing joy to our audiences.

## Discussion Group:

Got something on your mind? Come share it with our friendly, non-judgmental group. We welcome everyone's ideas.

## Duplicate Bridge:

Bridge is a great way to energize your mind. It is a thinking game and every hand is different. This is a sanctioned game offering Masterpoints to the players who happen to win. Because it is sponsored by the ACBL there will be a charge to play in the game.

## Games:

- ◆ Tile Games: Scrabble, Mahjong, Dominoes, Mexican Train, Rummikub
- ◆ Card Games: Hand and Foot, Canasta, Euchre, Nickels and Dimes, Poker, Bridge
- ◆ Dice Games: Dice 3000, LCR, BUNCO
- ◆ Other: Bingo

**Don't know how to play? We'll teach you!**

## Game Room:

- ◆ Billiards
- ◆ Ping Pong
- ◆ Darts
- ◆ And various other games...
- ◆ Air Hockey

## Investment Club:

The club is dedicated to educating the partners in security evaluation and investment through periodic contributions by the partners for their mutual long term benefit. All are welcome.

## Big Jazz Band:

The CPSCC Big Jazz Band is an 18-to-20-piece big band which performs concerts several times each year. We play musical arrangements in several styles ranging from early swing to more modern varieties loosely based upon "standards" from the Great American Songbook of popular tunes. Many of our members have played professionally in area bands over the years and now appreciate the opportunity to keep their music reading skills intact while socializing with other musicians who have had similar experiences in the world of performance.

## Jewelry Making:

No Experience Necessary! Beads & tools available. The Creative Jewelry Making class meets every other week on an informal basis, for our own creations. All are welcome.

## Knitting and Crocheting:

Our knitting group is not only a wonderful resource for those learning how to knit, but also a place to talk and make friends. We are always looking for more folks to knit or crochet.

## Orchestra:

We are always looking for people who play, or have played, a musical instrument. Concerts are performed throughout the year.

## Quilting:

Our quilting group meets on Monday afternoons, except on Holidays. Some sewing experience is useful, and beginners are welcome. Our projects are made using fabric donations, and are then donated to charitable organizations.

## Social Bridge:

Interested in becoming a better Bridge Player, but don't like a lot of pressure? We want people who know the fundamentals of the game, but would like to improve. We talk during our games, both about the bidding and playing of the hands.

## Ukulele: With Ron Whitford

Come and join us for a Ukulele Sing-A-Long. Play the Ukulele and sing popular songs from 1910 to the 1990's.

## Watercolors: With Mary Fekete

Have you ever wanted to learn how to paint with watercolors? Mary will walk you through each step of the process, from sketching to picking out colors to making each watercolor scene uniquely yours.

## Woodcarving: With Bill McCormack

We are an active group of women and men who are engaged in all types of woodworking. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. No prior experience necessary. If you have the time, they will share their time to help you on your way.

**Pre-registration is required for most programs. If there is a fee, payment is made upon registration.**

