

Monday

Sculpt & Stride with Katie Smith 9 - 10:30
Gentle Yoga with Scott Farber 9:15 - 10:45
Chess, a Mechanism of Happiness with Estelle Thibodeau 9:30 - 11
Chair Yoga with Becky Dawson 11 - noon
Neurographic Art Meditative Class with Estelle Thibodeau 11:30 - 1
(4 separate classes)
Awake and Heal Within with Sharon Infante noon - 1
Zumba Gold (Lower Impact) with Angela Engel 12:15 - 1:15
iPhone & iPad Tips! April 7 with Kai Long 12:45 - 1:45
iPhone / iPad Password App April 14 with Kai Long 12:45 - 1:45
Hey Siri, What Can You Do? April 21 with Kai Long 12:45 - 1:45
How to Navigate Apple Maps April 28 with Kai Long 12:45 - 1:45
Ballet with Judy Woodruff 1:30 - 3
Creating a Junk Journal with Liz Monaco 1:30 - 3:30
Seated Meditation on April 7 with Anne Pogue 2 to 3



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Tuesday

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Balance & Stretching with Katie Smith 9 - 10
Know Before You Go Fishing Clinic Series with Donna Frantz 9 - 10:30
Gentle Yoga with Scott Farber 9:15 - 10:15
Easter Caroling with Abigail Dyer 10:15 - 11:15
Tai Chi / Qigong with Scott Farber 10:30 - 11:30
Spanish for Beginners with Maria Martinez 11 - 12:30
Beginners Ballroom Dance Group Class with Ramona Walter 11:30 - 12:30
Intermediate Ballroom Dance Group Class with Ramona Walter 12:45 - 1:45
Band Jam Class with Dennis Fermin 1 - 2:30
Mah Jongg for Beginners with Marcia Farrell 1 - 3
Balancing Your Blood Sugar and Preventing Diabetes on April 22 with Lynn Ringhaver 1:15 - 2:15
Exploration of Acrylic Painting from Beginning to End with Heather Harley-Davidson 1:30 - 3:30
Sound Vibrational Frequency (Sound Bath) with Sharon Infante 2:30 - 3:30

Wednesday

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Fish For Dinner: How to Clean Your Catch on April 16 with Donna Frantz 9 - 10:30
Watercolor Landscape Painting with David Ouellette 9 - 11
Gentle Yoga with Scott Farber 9:15 - 10:15
Basic Sign Language with Regina McCary Zoske 9:15 - 10:45
Ukulele 1 for Beginners with Dennis Fermin 9:45 - 11:15
Chair Yoga with Becky Dawson 10:30 - 11:30
Guitar 1 for Beginners with Dennis Fermin 11:30 - 1
Line Dance with Ramona Walter 11:45 - 12:45
We Made it to the Age of Aquarius - Now What? with Kate Werner 12:30 - 1:30
Tap Dancing Level 3 with Judy Woodruff 1:30 - 3:00
The Herbal Pharmacy: Advanced Herbal Actions with James Carucci 3 - 4

Thursday

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Chair Yoga with Becky Dawson 9 - 10
Drawing 1 with David Ouellette 9 - 10:30
Belly Dance Basics and Beyond with Gina Marie Newman 9:30 - 10:30
Tai Chi and Qigong with Sharon Infante 10:30 - 11:30
Belly Dance Basics Level 1 with Gina Marie Newman 10:45 - 11:45
Watercolor Techniques with Liz Monaco 11 - 1
A Journey Toward Your Authentic Self with Kate Werner 12:30 - 1:30
Colored Pencil Art with Liz Monaco 1:30 - 3:30
Tap Dancing Level 1 & 2 with Judy Woodruff 2 - 3

