

# THE FOLLOWING CLASSES MEET EVERY SATURDAY

BEGINNING March 9, 2019

(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)

## AMERICAN SIGN LANGUAGE, INTRO – S6 – New!

P. Flagiello

Learn the basics of American Sign language enabling you to interact with the hearing impaired. This course will guide you through basic vocabulary, conversational skills and how to finger spell the alphabet. Course requirement: *The Joy of Signing* by Lottie L. Riekehof, available online (Barnes & Noble, Amazon, Ebay) at a significantly reduced price for used and older editions.

Library Conference Room – High School

8 weeks, starts March 9, 2019

9:15-10:30 A.M.

Fee: \$60 (Non-Residents \$65)

## CHAIR YOGA – S3

P. Flagiello

Gain the benefits of a typical yoga class while sitting in a chair! Yoga builds strength, increases flexibility, is good for circulation and teaches deep relaxation through a series of slow, gentle postures and controlled breathing adapted so you can do yoga in a chair! Please consult your doctor prior to beginning any new physical activities.

Library Conference Room – High School

8 weeks, starts March 9, 2019

11:00 A.M.-12 Noon

Fee: \$52 (Non-Residents \$55)

## GREAT EVENTS AND GOOD PEOPLE IN HISTORY – S5 – New!

J. Toro

This course is sure to bring positivity to your life while learning about interesting events and people in history! Rather than be bombarded by the constant inhumanity to man, we will visit little known good deeds in history. Heartwarming wartime heroes beyond the well known such as Doctors without Borders plus individuals who dedicated their lives to helping victims of war and in some cases risking devastating illness. History comes alive with a smile!! Don't miss this uplifting course!

Room 104 – High School

6 weeks, starts March 9, 2019

10:00-11:30 A.M.

Fee: \$52 (Non-Residents \$55)

## LINE DANCING FOR SENIORS - BEGINNER – S1

P. Alfonso



Seniors, come on out and start your Saturday having fun with friends. Learn how to *shuffle*, *grapevine* and *hook* to name a few steps. Put your steps together, add music and you're line dancing! No partner or experience needed, just a willingness to have a great time. Please wear leather sole or smooth bottom no scuff shoes. Bring a bottle of water. For age 62 or older. Proof, such as driver's license required at first class.

Cafeteria 2 – High School

8 weeks, starts March 9, 2019

9:00-10:00 A.M.

Fee: \$47

## YOGA FOR SENIORS – S2

S. Miner-Berger

This course includes exercises in stretching postures, deep relaxation, and breathing techniques to relieve tension without strain. Wear loose fitting, comfortable clothing. BRING MAT OR TOWEL to sit on floor. Must be 62 years of age or older. Proof such as driver's license required first class. Class Limit 20.

Library – High School

8 weeks, starts March 9, 2019

10:00–11:00 A.M.

Fee: \$57 (Non-Residents \$60)