

## BSC Winter Class Registration 2019

The Bristol Senior Center Winter Class Registration will begin on Wednesday, January 9, 2019 at 9:00-11:00am in our Gymnasium, and continue weekdays on Thursday, January 10, 2019 between the hours of 8:30am - 4:00pm in the main office. Classes are 10 weeks long and the fee for each class varies depending on the length of the class. Registration is first come, first serve until classes are full. See class details for additional supply fees. Checks should be made out to the Bristol Senior Center.

Must be a Bristol Senior Center Member.

### Winter Class Registration - Art Class Options

CLASS	DESCRIPTION	DAY(S)	TIME	START DATE	# OF Classes	FEE
Watercolors	Learn how to blend watercolors to create a masterpiece. Penny Kindblom	Mondays	9:30-11:30am	1/28/19	10	\$30.00*
One Stroke Painting/ Decorative Painting Projects	Learn how to accentuate projects with paint and creativity. Penny Kindblom	Mondays	12:30-2:30pm	1/28/19	10	\$30.00*
Quilting - Experienced	Experienced quilters who are looking for guidance and to gain new techniques. Sandy West	Tuesdays	9:30-11:30am	1/29/19	10	\$30.00
Chair Seating	Come learn the art of chair caning and complete a project that has been lingering. Michael Orifice	Tuesdays	12:15-3:15pm	1/29/19	10	\$30.00*
Intermediate Ukulele	Intermediate Ukulele class will expand on chords taught in Beginner Ukulele. Sue Hill.	Tuesdays	1:00-2:00pm	1/29/19	10	\$20.00
Beginner Ukulele	Beginner Ukulele class will teach basic chords in a fun and stress free environment. Sue Hill.	Tuesdays	2:00-3:00pm	1/29/19	10	\$20.00
Quilting - Beginners	Learn the art of putting together patterns and shapes to make lasting quilts. Sandy West	Wednesdays	9:30-11:30am	1/30/19	10	\$30.00
Sandi's Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Sandi Soucy	Wednesdays	9:30-11:30am	1/30/19	10	\$30.00*
Sandi's Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Sandi Soucy	Wednesdays	12:30-2:30pm	1/30/19	10	\$30.00*
Sandi's Ceramics	Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Sandi Soucy	Thursdays	9:30-11:30am	1/31/19	10	\$30.00*
Watercolors	Learn how to blend watercolors to create a masterpiece. Penny Kindblom	Thursdays	12:30-2:30pm	1/31/19	10	\$30.00*
Painting-- Beginner	Painting and brush stroke techniques are taught for people with little experience. Dawn Lombardi	Thursdays	9:30-11:30am	1/31/19	10	\$30.00*
Painting-Intermediate	Painting and brush stroke techniques are taught for experienced painters. Dawn Lombardi	Thursdays	12:30-2:30pm	1/31/19	10	\$30.00*

\* Daily fees for Ceramics are \$2.00 per class for paints. You will also purchase your own Ceramic piece to paint. In the Painting classes you will be required to supply your own paints, brushes & canvases. In the Quilting class you will be given a supply list prior to the first class.

## Winter Class Registration - Exercise Class Options

CLASS	DESCRIPTION	DAY(S)	TIME	START DATE	# OF CLASSES	FEE
Tai Chi for Balance	Instructor Walter Bruce will instruct an effective exercise for the health of mind & body.	Mondays	9:30-10:30am	1/28/19	10	\$20.00
Balance & Flexibility	Instructor Walter Bruce guides participants through stretching to increase range of motion.	Mondays	10:45-11:30am	1/28/19	10	\$20.00
Strength & Tone	Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde	Mondays	10:45-11:45am	1/28/19	10	\$20.00
Tap Dance for Seniors	Tap dance techniques for the experienced dancer are taught for fitness. Amy Perales	Mondays	1:00-1:45pm	1/28/19	10	\$20.00
Aerobic Exercise	Nancy Plourde instructs low impact, high impact, and step aerobics.	Tuesdays	9:30-10:30am	1/29/19	10	\$20.00
Beginner Tai Chi	Instructor Walter Bruce will instruct basic movements to work toward proficiency.	Tuesday	10:45-11:45am	1/29/19	10	\$20.00
Strength & Tone	Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde	Wednesdays	9:30-10:30am	1/30/19	10	\$20.00
Liv-Free Chair Yoga	Gentle movements are brought into the body and poses are flowed together to connect with our breath. Holly Peronace Zygiel	Wednesdays	10:45-11:45am	1/30/19	10	\$20.00
Beginner Tap Dance	This is an absolute beginner class for anyone who ever wanted to try Tap Dance. Amy Perales	Thursdays	10:15-11:00am	1/31/19	10	\$20.00
Adult Basic Ballet	This is an exercise class that uses ballet to increase flexibility. Amy Perales	Thursdays	11:00am-11:45am	1/31/19	10	\$20.00
Line Dance	Learn steps to your favorite country music while getting a good workout. Jim Gregory	Thursdays	10:30am-12:00pm	1/31/19	10	\$20.00
Zumba Gold	Zumba is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Denise Lipka	Thursdays	9:30-10:15am	1/31/19	10	\$20.00
Beginner Ballroom Dancing	Learn basic moves for popular dances including the Rhumba & the Cha-Cha. Peg and Ken Brintle *couples preferred, singles will be paired if	Thursdays	1:00-2:00pm	1/31/19	10	Free
Liv-Free Chair Yoga	Gentle movements are brought into the body and poses are flowed together to connect with our	Fridays	9:30-10:30am	2/1/19	10	\$20.00

## Winter Class Registration - Computer Class Options

Managing & Editing Digital Photography	Learn how to download your photos and organize them in files on your desktop. This class also shows how to edit photos. Ed Litherland	Tuesday & Wednesday	9:30-11:30am	February 12, & 13, 2019	1	Free
Windows 10	This class will go over the features of the Windows 10 operating system. Ed Litherland	Tuesday	9:30-11:30am	March 19, 2019	1	Free
Windows 10-Advanced	This class will go over more advanced features of the Windows 10 operating system. Ed Litherland	Tuesday	9:30-11:30am	April 23, 2019	1	Free