

# BSC Winter Class Registration 2018

The Bristol Senior Center Winter Class Registration will begin on Wednesday, January 3, 2018 at 9:00-11:00am in our Gymnasium, and continue weekdays on Thursday, January 4, 2018 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.

## Fall 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	1/22/18	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	1/22/18	10	\$30.00*
Quilting - Experienced	Experienced quilters who are looking for guidance and to gain new techniques. Sandy West	Tuesdays	9:30-11:30am	1/23/18	10	\$30.00
Chair Caning	Come learn the art of chair caning and complete a project that has been lingering. Jan Bennett	Tuesdays	12:15-3:15pm	2/6/18	10	\$30.00*
Quilting - Beginners	Learn the art of putting together patterns and shapes to make lasting quilts. Sandy West	Wednesdays	9:30-11:30am	1/24/18	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	1/24/18	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	1/24/18	10	\$30.00*
Pastel Art	Learn techniques for using pastels, chalks and charcoal with Eileen Smith	Wednesdays	1:00-3:00pm	1/24/18	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	1/25/18	10	\$30.00*
Watercolors	Learn how to blend watercolors to create a masterpiece. Penny Kindblom	Thursdays	12:30-2:30pm	1/25/18	10	\$30.00*
Painting- Beginner	Painting and brush stroke techniques are taught for people with little experience. Dawn Lombardi	Thursdays	9:30-11:30am	1/25/18	10	\$30.00*
Painting- Intermediate	Painting and brush stroke techniques are taught for experienced painters. Dawn Lombardi	Thursdays	12:30-2:30pm	1/25/18	10	\$30.00*
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 possible	Thursdays	1:00-2:30pm	1/25/18	5	Free
Jewelry Making	Basic jewelry making techniques and repairs are taught. Nancy Clavet	Fridays	1:00-2:30pm	1/26/18	10	\$20.00*

\* 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 Jewelry class and 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	1/22/18	10	\$20.00
Strength & Tone	Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde	Mondays	10:45-11:45am	1/22/18	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	1/22/18	10	\$20.00
Aerobic Exercise	Nancy Plourde instructs low impact, high impact, and step aerobics.	Tuesdays	9:30-10:30am	1/23/18	10	\$20.00
Strength & Tone	Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde	Wednesdays	9:30-10:30am	1/24/18	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	1/24/18	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	1/25/18	10	\$20.00
Adult Basic Ballet	This is an exercise class that uses ballet to increase flexibility. Amy Perales	Thursdays	11:00am-11:45am	1/25/18	10	\$20.00
Line Dance	Learn steps to your favorite country music while getting a good workout. Jim Gregory	Thursdays	10:30am-12:00pm	1/25/18	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	1/25/18	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	Fridays	9:30-10:30am	1/26/18	10	\$20.00
Stretch & Relax	Dive a little deeper into mindful breath to guide practice into stretching and relaxation that we can carry with us. Holly Peronace Zygiel	Fridays	10:45-11:30am	1/26/18	10	\$20.00

## Winter Class Registration - Computer Class Options

Introduction to Computers	This class teaches the basic skills of computer usage and is a pre-requisite of all of our other courses. Phyllis VanGorder	Tuesday & Wednesday	9:30-11:30am	2/6/18	2	\$10.00
Windows 10	This class will go over the features of the Windows 10 operating system. Ed Litherland	Tuesday & Wednesday	9:30-11:30am	2/13/18	2	\$10.00
Facebook	Learn how to set up and manage a facebook account in a safe manner. Nancy Pahl	Tuesday & Wednesday	9:30-11:30am	3/13/18	2	\$10.00
Internet Shopping	Learn how to shop at home on secure sites while protecting your information. Nancy Pahl	Tuesday & Wednesday	9:30-11:30am	3/20/18	2	\$10.00