

## BSC Winter Class Registration 2026

The Bristol Senior Center Fall Class Registration will begin on Wednesday, January 7, 2026 from 9:00-11:00am in our Gymnasium, and continue weekdays on Thursday, January 8, 2026 between the hours of 8:30am - 8:30pm 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 2026 Class Registration - Class Options

#### Exercise Classes:

Cardio Beats	Mondays 9:00-9:30am	Starting 1/26/26	10 Classes	\$20.00	Denise Lipka
Zumba	Mondays 9:40-10:25am	Starting 1/26/26	10 classes	\$20.00	Denise Lipka
Foundations for Balance	Mondays 10:00-11:00am	Starting 1/26/26	10 classes	\$20.00	Cynthia Hoag
Strength & Tone	Mondays 10:45-11:45am	Starting 1/26/26	10 classes	\$20.00	Nancy Plourde
Tap Dance for Seniors	Mondays 1:30-2:15pm	Starting 1/26/26	10 classes	\$20.00	Amy Perales
Simple Stretch/Exercise	Mondays 2:15-3:00pm	Starting 1/26/26	10 classes	\$20.00	Amy Perales
Beginner Tap Dance	Mondays 3:15-4:00pm	Starting 1/26/26	10 classes	\$20.00	Amy Perales
Beginner Guitar	Mondays 2:00-3:00pm	Starting 1/26/26	10 classes	Free	John Reinwald
Aerobic Exercise	Tuesdays 9:30-10:30am	Starting 1/27/26	10 classes	\$20.00	Nancy Plourde
Adv. Int. Ukulele	Tuesdays 1:00-2:00pm	Starting 1/27/26	10 classes	\$20.00	Sue Hill
Beginner Ukulele	Tuesdays 2:00-3:00pm	Starting 1/27/26	10 classes	\$20.00	Sue Hill
Pilates	Tuesdays 2:30-3:15pm	Starting 1/27/26	10 classes	\$20.00	Divya
Smovey	Tuesdays 3:15-4:00pm	Starting 1/27/26	10 classes	\$20.00	Divya
Strength & Tone	Wednesdays 9:30-10:30am	Starting 1/28/26	10 classes	\$20.00	Nancy Plourde
Liv-Free Chair Yoga	Wednesdays 10:45-11:30am	Starting 1/28/26	10 classes	\$20.00	Holly Zygiel
Intermediate Guitar	Wednesday 2:00-3:00pm	Starting 1/28/26	10 classes	Free	John Reinwald
Cardio Beats	Thursdays 9:00-9:30am	Starting 1/29/26	10 classes	\$20.00	Denise Lipka
Zumba	Thursday 9:30-10:15am	Starting 1/29/26	10 classes	\$20.00	Denise Lipka
Line Dance	Thursdays 10:30am-12:00pm	Starting 1/29/26	10 classes	\$20.00	Jim Gregory
Beg. Ballroom Dancing	Thursdays 1:00-3:00pm	Starting 1/29/26	10 classes	free	Ken & Peg Brintle
Pilates	Thursdays 2:30-3:15pm	Starting 1/29/26	10 classes	\$20.00	Divya
Smovey	Thursdays 3:15-4:00pm	Starting 1/29/26	10 classes	\$20.00	Divya
Simple Stretch/Exercise	Friday 9:00-9:45am	Starting 1/30/26	10 classes	\$20.00	Amy Perales
Simple Stretch/Exercise	Friday 9:45-10:30am	Starting 1/30/26	10 classes	\$20.00	Amy Perales
Easy Int. Ukulele	Fridays 11:00am-12:00pm	Starting 1/30/26	10 classes	\$20.00	Sue Hill
Core Restore	Fridays 12:30-1:15pm	Starting 1/30/26	10 classes	\$20.00	Divya

#### Art Classes:

Watercolors	Mondays 10:00am-12:00pm	Starting 1/26/26	10 classes	\$30.00	Lisa Conlon
Learn To Draw	Mondays 1:00-3:00pm	Starting 1/26/26	10 classes	\$30.00	Sandy Jankowski
Quilting - Intermediate	Mondays 10:00am-12:00pm	Starting 1/26/26	10 classes	\$30.00	Chris Murray
Quilter's Choice	Mondays 1:00-3:00pm	Starting 1/26/26	10 classes	\$30.00	Chris Murray
Watercolors	Mondays 6:00-8:00pm	Starting 1/26/26	10 classes	\$30.00	Penny Kindblom
Quilting - Intermediate	Tuesdays 10:00am-12:00pm	Starting 1/27/26	10 classes	\$30.00	Chris Murray
Quilting - Beginner	Tuesdays 1:00-3:00pm	Starting 1/27/26	10 classes	\$30.00	Chris Murray
Chair Seating	Tuesdays 12:15-3:15pm	Starting 1/27/26	10 classes	\$30.00	Michael Orefice
Ceramics	Tuesdays 6:00-8:00pm	Starting 1/27/26	10 classes	\$40.00	Sandi Soucy
Ceramics Wed AM	Wednesdays 10:00am-12:00pm	Starting 1/28/26	10 classes	\$40.00	Sandi Soucy
Ceramics Wed PM	Wednesdays 1:00-3:00pm	Starting 1/28/26	10 classes	\$40.00	Sandi Soucy
Doodle Art	Wednesdays 1:00-3:00pm	Starting 1/28/26	10 classes	\$30.00	Sandy Jankowski
Portraiture	Wednesdays 6:00-8:00pm	Starting 1/28/26	10 classes	\$30.00	Sean Gilmore
Watercolors	Thursdays 10:00-12:00pm	Starting 1/29/26	10 classes	\$30.00	Penny Kindblom
Painting - Beginner	Thursdays 10:00am-12:00pm	Starting 1/29/26	10 classes	\$30.00	Sandy Jankowski
Painting - Intermediate	Thursdays 1:00-3:00pm	Starting 1/29/26	10 classes	\$30.00	Sandy Jankowski
Wire Sculpture	Thursdays 6:00-8:00pm	Starting 1/29/26	10 classes	\$30.00	Sean Gilmore
Mixed Media	Fridays 10:00am-12:00pm	Starting 1/30/26	10 classes	\$30.00	Fauzia M.
Watercolors	Fridays 1:00-3:00pm	Starting 1/30/26	10 classes	\$30.00	Penny Kindblom

## 2026 Winter Class Descriptions

### Exercise Classes - \$20.00

**Strength & Tone** - Light weight training is incorporated with simple cardio. Bring your own weights! Nancy Plourde

**Aerobic Exercise** - Nancy Plourde instructs low impact, high impact, and step aerobics.

**Cardio Beats** - A fun, stress relieving, cardio drumming fitness class. Focusing on coordination, mindfulness, balance, strength. Denise Lipka

**Zumba** - Zumba is an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Denise Lipka

**Tap Dance For Seniors** - This is a fast moving class for those that have tapped before or have taken Amy's Beginner class at least a couple of times. Amy Perales

**Beginner Tap Dance** - This is an absolute beginner class for anyone who ever wanted to try

**Chair Yoga** - Gentle movements are brought into the body and poses are flowed together to connect with our breath. Holly Peronace Zygiel

**Line Dance** - Learn steps to your favorite country music while getting a good workout. Jim Gregory

**Beginner Ballroom Dance** - Learn basic moves for popular dances including the Rhumba & the Cha-Cha. Peg and Ken Brintle

\*couples preferred, singles will be paired if possible. This class is FREE. Ken & Peg Brintle

**Simple Stretch/Exercise with Chairs** - Flexibility is a key element of fitness to help prevent injury and make everyday tasks easier.

Join Amy Perales to stretch your way to better health! Please bring hand weights to class. Amy Perales

**Foundations For Balance : Using Movement & Breath** - This class introduces basic Tai Chi and Qigong movements to improve overall balance, strength and confidence. We begin with simple stretching, using chairs to assist in balance points, both sitting and standing.

Students will learn to consciously incorporate their breath with their movements, which promotes relaxation and clarity of mind. (relaxes the "busy mind") These practices done together will help each student to create their own system of self-care, while enriching their health and well-being. A guided meditation is included at the end of each class. A practice log will be provided to keep track of your progress.. Cynthia Hoag

**Smovey** - This high energy class uses vibroswing rings to stimulate muscle growth and burn calories. Divya

**Core Restore** - Based on Athletic training principles, this core training workout is designed to make you stronger and assist with balance & injury prevention. Divya

**Pilates** - Get your mind into your muscles and increase your core strength. Divya

### Art & Music Classes - \$20.00 music classes, \$30.00 art classes, \$40.00 ceramics classes (includes the paints)

**Watercolors** - Learn how to blend watercolors to create a masterpiece. Penny Kindblom & Lisa Conlon

**Quilters Choice**— Quilters can work on their own projects with the instructor present for assistance. Chris Murray

**Quilting Intermediate**- Experienced quilters who are looking for guidance and to gain new techniques. Chris Murray

**Quilting Beginner** - Learn the art of putting together patterns and shapes to make lasting quilts. Chris Murray

**Chair Seating** - Come learn the art of chair seating and complete a project that has been lingering. Mike Orefice

**Ceramics** - Learn how to decorate and preserve ceramic creations. Choose your own creation, decorate it, and then they are fired right on site. Students must be able to clean their own greenware, and paint their own projects. Sandi Soucy & Ryan Hill

**Painting Beginner** - Painting and brush stroke techniques are taught for people with little experience. Sandy Jankowski

**Painting Intermediate** - Painting and brush stroke techniques are taught for experienced painters. Sandy Jankowski

**Beginner Ukulele** - Learn to play the ukulele, no musical experience necessary, just your enthusiasm and willingness to learn. This class is designed for the complete beginner and will focus on learning basic chords to start you playing during the first class. You will need to purchase a ukulele & tuner, starting at \$40 prior to class. Contact the instructor for more information.

**Easy Intermediate Ukulele** - Join this fun, friendly and supportive class if you have completed the Beginner Class or already know basic chords (C, F, G7, Am), and want to keep growing as a player. We'll add new chords, learn more songs, and explore different strumming techniques to help you become a more confident player. Students will also have the option to perform for an audience

#### **Advanced Intermediate Ukulele**

Take your playing to the next level! We'll work on a wider variety of songs and dive into techniques like fingerpicking, strumming, chord melody, and a touch of music theory. Perfect for players who are already comfortable with basic skills and want more of a challenge. Students will also have the option to perform for an audience.

**Doodle Art** – This class will introduce variations to Doodle Art, including Zentangle, Nuero Art, & Mandalas.

**Learn To Draw** – Explore basic art principles as they pertain to sketching and drawing using graphite & charcoal.

**Wire Sculpture** - If you ever wanted to learn how to make your own Christmas/ Halloween decorations, or if you just want to learn a fun new art making technique, this is the class for you. The general concept can be learned in a single class, but the techniques applications are LIMITLESS.

**Beginner Guitar**— John Reinwald will begin with guitar basics, next you'll learn initial chords, then you will be playing songs with the chords that have been covered. Later he will go over important scales that will initiate you to embellishments and solo performances. Your own guitar is required, but if you do not have one, John will assist you with obtaining the instrument best for your needs.

**Intermediate Guitar**— A continuation of the Beginner Guitar Class.

**Mixed Media**- Fauzia Mohammad Fauzia is a self-taught artist with a passion for exploring different mediums and techniques. From texture art to fabric painting, she believes that self-expression through creativity is for everyone at every stage of life.

**Portraiture**- In this class we will learn basic portrait drawing skills. We begin with the basic proportions of the human face. From there we will learn about shading, texture, and charcoal drawing techniques. We will then practice a technique for copying a photo of a person's face. Then we will practice self-portraits. All of this will prepare us for the final project of making a final portrait where you combine all your newly learned skills. want some more practice.