



MOVEMENT FOR DAILY ACTIVITIES

Who: Adults & Seniors
Session: Oct. 19 - Dec. 14 (no class Nov. 23)
Time: Wednesdays, 10:00 - 11:00 a.m.
Where: North Branford Community Center
Fee: \$25
Instructor: Carmela Gaetano
Description: Enjoy movement for daily activities. Enjoy yourself and move to music while doing a warm up, exercises to increase strength, range of movement and activities for daily living. A chair is used for support. Class is suitable for aging, de-conditioned or post rehab participants. Please wear comfortable clothing, lace up shoes and bring water.

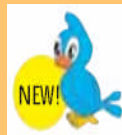


SENIORCISE

Who: Adults 55 & over
Session I: October 3 - November 11
Session II: November 14 - December 23
Time: Monday & Friday. 9:30 -10:30 a.m.
Where: North Branford Community Center
Fee: \$20
Instructor: Gert Altieri
Description: High energy, fun, low impact exercise class. Upbeat music for all ages. Your whole body will get a workout while listening and exercising to some of your favorite songs. This class is for the more active adult.

ADULT SWIM

Who: Adults 55 & over
Session: October 5 - December 14
Time: Wednesdays, 1:30 - 2:30 p.m.
Where: Soundview YMCA
Fee: \$65
Instructor: Soundview YMCA Staff
Description: Moderate intensity water aerobics. In warm pool water. This class includes 30 - 35 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. They provide float belts, barbells, and other tools for aquatic exercise. This creates a challenging program!



Flu/Pneumonia Clinic
Friday, October 21
12:00 - 2:30 p.m.
North Branford
Community Center

"55 ALIVE"

Defensive Driving Program

Who: Drivers age 50 and over
Session: October 12
Time: Wednesday, 1:00 - 5:00 p.m.
Where: North Branford Community Center
Fee: \$12 AARP members w/ copy of your card
 \$14 non-AARP members
 (check only-made payable to AARP)

Class is limited to 25

Description: Four hours of classroom instruction teaching preventative measures to use when driving. Refine existing skills and develop safe, defensive driving techniques that save lives. You will need to bring your drivers license to class.

TAI CHI / CHI GUNG

Who: Adults
Session I: Oct. 11 - Nov. 29 \$70
Session II: Dec. 13 - Jan. 17 \$54
Session III: Jan. 24 - March 13 \$70
Time: Tuesdays, 6:30 - 8:00 p.m.
Where: North Branford Community Center
Instructor: Coach Richard Dicine
Description: High quality traditional Tai Chi Chuan instruction taught by an instructor with 30 years of martial arts experience and Tai Chi Chuan National Gold Medal Winner. Health benefits include: relaxation, stress reduction, greater balance and increased flexibility. You are welcome to **try a class free of charge** at your leisure!



GETTING PAID TO TALK ~ MAKING MONEY WITH YOUR VOICE

Who: Ages 18 and up
Session: November 29
Time: Tuesday, 6:30 - 9:00 p.m.
Where: North Branford Community Center
Fee: \$18
Instructor: Professional Voice Coaches
Description: Have you ever been told that you have a great voice? This exciting class will *explore* numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet *in our area*. You will learn the basics, including how to prepare the all important demo, how to be successful and earn great income in this exciting field. Participants will have a chance to record a commercial script under the direction of a voice coach producer.

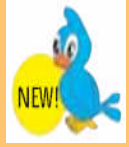
TAI CHI FOR SENIORS

Who: Adults 55 & over
Session I: October 12 - December 14
Session II: January 11 - March 14
Time: Wednesdays, 9:00 - 10:00 am
Where: NB Community Center
Fee: \$50
Instructor: VNA Instructor
Description: A gentle form of exercise that is designed for those 55+ to help keep your joints healthy and improve balance and mobility.



DIABETES - The Gold Standard Program

Who: Adults 55 & over
Session I: October 25 & 27
Session II: February 14 & 16
Time: Tues. & Thurs., 9:30 - 10:30 am
Where: NB Community Center
Fee: \$25 for both classes
Instructor: VNA
Description: Is controlling your diabetes daunting? Not with this user-friendly, two-part program.



Part 1: learn how to avoid diabetes denial, check yourself, take care of your feet and use a contract and diary to stay on track.

Part 2: learn how to plan a diabetic diet, read food labels, shop smart and make smart decisions when eating out.

LOWERING YOUR CHOLESTEROL

Who: Adults 55 & over
Session: January 10
Time: Tuesdays, 10:30 - 11:30 am **Fee:** \$12
Where: NB Community Center
Instructor: VNA
Description: Get the facts! What is cholesterol and where does it come from? Discover the different types of cholesterol and what your blood work is telling you. Steps to lower cholesterol levels are introduced and encourage participants to take charge of their bodies.





Leoni's
Italian Foods

Proudly Serving
North Branford for 30+ Years

- Full Line Catering Service
- Hot & Cold Subs Served Daily
- Fresh Baked Stuffed Breads
- Fresh Made Pasta



**"NO JOB TOO BIG
OR TOO SMALL"**

Quick family favorites
to heat and eat

(203) 488-9581
1719 Foxen Road
North Branford, CT 06471

M.T. COBBLER

SHOE REPAIR • PEDORTHICS • COMFORT SHOES

*Taking Care of Your
Special Shoe Needs*

Prescription Shoe Modifications
& Custom Orthotics
Full Service Shoe and Boot Repair

INTRODUCING:
Tauer & Johnson
Made-to-Order Comfort Footwear

1717 Foxon Rd., Rt. 80, N. Branford
203-488-2422

www.mtcobbler.com



RED WING
SHOES
Since 1915



STUART & LAUD
Loyalty to Elegance



aetrex
Living My Way.



MT Cobbler
Proper Fit
Quality Craftsmanship

E Etonic

...and more