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Adults 55 & Over

North Branford Senior Center

1675 Foxon Road • Monday – Friday 9 – 4 p.m.

Our Senior Center is a place where independently functioning adults 60 and over can get together for recreation events, participate in field trips, enjoy cultural presentations, engage in volunteer services, and enjoy a nutritious noontime meal for only \$2.

We offer ongoing programs that include Bingo, Exercise Programs, Card Tournaments, Intergenerational Events, Birthday Celebrations, Health & Wellness Clinics, Massage Therapy, & More!

Take advantage of our free services for transportation to and from the Senior Center as well as medical appointments and grocery shopping (Wednesdays only for grocery shopping).

If you haven't had a chance to stop by then consider yourself invited and come see us!!



EXERCISE CLASSES

SENIORCISE

Who: Adults 55 & over
Session I: May 24 – July 2
Session II: July 5 – August 13
Session III: August 23 – October 1
Time: Mon. & Fri. 9:30 a.m. to 10:30 a.m.
Where: North Branford Community Center
Fee: \$20 per person/resident
Instructor: Gert Altieri
Description: This is an exercise program for the individual who is looking for a non-intimidating class that lets you know that exercise can be fun. Your whole body will get a workout while listening and exercising to some of your favorite songs. Class instructor is Gert Altieri, who will keep you moving for the entire hour.



GET FIT

Who: Adults 55 & over
Session I: April 6 - June 8
Session II: June 22 - August 31 / *no class July 13
Time: Tuesdays, 10:30 a.m. to 11:30 a.m.
Where: North Branford Senior Center
Fee: \$20 per person/resident
Instructor: Gert Alteri
Description: Whether you've joined other group fitness classes or you are trying it out for the first time, you can customize this class to meet your individual needs. Improve your strength, endurance, mobility, flexibility, and balance in an easy-to-follow workout that meets the needs of virtually any senior citizen.

HEALTHY STEPS

Who: Adults 55 & over
Session I: March 22 - May 3 / *no class April 19
Session II: May 10 - June 28 / *no class May 17 & 31
Session III: July 12 - August 16
Session IV: Aug. 23 – Oct. 4 / *no class Sept. 6
Time: Mondays, 10:30 a.m. to 11:30 a.m.
Where: North Branford Senior Center
Fee: \$18 per person/resident
Instructor: Mary Shaprio
Description: Formally Focus on Healing, using the Lebed Method, is a therapeutic exercise and movement program with wonderful music to help you thrive! Designed to help improve overall wellness, range-of-motion, balance, strength and more!

INTRUCTIONAL CLASSES

PIANO LESSONS

Who: Adults 55 & over
Session I: April 9 - April 30
Session II: May 7 – May 28
Time: Fridays, 11:00 a.m. - Noon
Where: North Branford Senior Center
Fee: \$40 per person
 This is a group class setting.
Instructor: Sue Anderson
Description: Learn to play the piano/keyboard in a fun and lively group setting. Experienced and beginners welcome! Patient, friendly, experienced teacher uses a fun, low pressure approach to learning. Add the joy of music into your day!

COMPUTER WORKSHOP

Who: Adults 55 & over
Session I: April 7 - April 28
Session II: May 5 - May 26
Time: Wednesdays, 9:00 a.m. - Noon
Where: North Branford Community Center
Fee: \$75.00 per session / \$30 (drop-ins) / additional \$5 fee for non-residents
Instructor: Gerald Pollak, owner of Computer Solutions
Description: Four classes will be given for each of the following applications: Word, PowerPoint, Excel, and Outlook Introductions. Create a slideshow of your photographs, learn formulas and create spreadsheets for monthly expenses, and discover how to email and create a monthly calendar.



PAINTING WORKSHOP

Who: Adults 55 & over
Session I: March 10, 17, 31 & April 2 (Friday)
Session II: April 7 - April 28
Time: Wednesdays, 10:30 a.m. - Noon
Session III: May 7 - 28
Time: Fridays, 10:30 a.m. - Noon
Where: North Branford Senior Center
Fee: \$40 materials included / additional \$5 fee for non-residents
Instructor: Matt Bennet
Description: Have you ever wanted to paint a picture but didn't know where to start? This class is for you then! Work closely with the instructor in a very open and fun setting to learn the basic techniques that will help you create works of art to share with family and friends! Acrylics and watercolors will be used.