



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CONNECTION SERIES

**Sign up for one or all of the sessions in the series!**  
**Registration is required at least one week prior to class date**

## Ballroom Bliss

Connect with your dancing shoes! Individuals and pairs of all levels welcomed while you increase your flexibility, range of motion, strength and sense of well-being.

Monday, 3/4/13 from 5:30-7:30pm

Member Fee: \$15 Non-Member: \$27

\*Minimum of 10 people

## Hands-on-Art

Connect with your inner-artist. This class uses water-colors, acrylics, drawing, pastels, and clay instructed by a professional artist.

Tuesday, 3/19/13 from 9:00-11:00am

Member Fee: \$25 Non-Member: \$37

\*minimum of 10 people

## Live Well/Eat Well

Connect with your health and wellness through a program designed to steer you towards making healthy choices and tasty meals.

Tuesday, 3/21/13 from TBD

Member Fee: FREE Non-Member: \$10

## Community Art Exhibit

Connect with local artists. All artistic levels welcomed if you are interested in displaying your art contact Scott W at 508-362-6500 x 106 or email

Wednesday, 3/27/13 1:00-3:00pm

Member Fee: FREE Non-Member: \$10

## Seniors Helping Seniors

Connect with other seniors. Make life a little easier for you or someone you know by providing services in the home.

Thursday, 4/4/13 from 9:00am-10:00am

Member Fee: FREE Non-Member: \$10

## Drums Alive

Connect with your inner balance while getting your groove on with Rene. Drums Alive combines the benefits of fitness with the brain for a healthy balance of physical activity

Monday, 4/8/13 from 3:00-4:00pm.

Member Fee: FREE Non-Member: \$10

## Technology Class

Connect with friends and family through the use of the internet. Learn how use e-mail and Facebook!

Monday, 4/15/13 from 9:30-10:30am

Member Fee: FREE Non-Member: \$10

\* Maximum 8 people

