CLASS SHOWCASE: ACTIVE

MOVEMENT THROUGH *DANCE!*

Ballet, Tap and Jazz with Janet
Warm up before each class with stretching and moves that parallel osteoporosis exercise for building bone and increasing balance. Learn the classical movements, positions and dances of ballet; dance to hot jazz tunes; and tap to well-loved Broadway-themed songs.

Clogging with Fran
Clogging is easy to learn and so much fun! If you've been involved in line dancing and are familiar with counting time in music, then you should be even more comfortable learning to clog.

Latin Line Dance with Johnny
Fun Latin Line dancing classes with sizzling hot Latino Beats and Rhythms Cha-Cha, Salsa, Rumba & more.

Line Dance with Linda
No partner needed. Dancing incorporates a myriad of musical genres and dancing styles, including: Motown, Oldies, Swing, Disco, Latin, and Country. This is a no pressure, just for fun, music and dancing class.

Country Line Dance with Linda
No partner needed. *Class* will start each month with the basic Country dances. Slowly we will add a few more higher beginner/intermediate Dance moves. This is no pressure, just for fun, music and dancing.

AllWays Dance: Chair Dancing with Ashley
Chair-based movement program that meets you where you are combining music, rhythm, and accessible choreography to support strength, balance, and joy. The most fun you'll have sitting in a chair!

MOVEMENT THROUGH *MINDFULNESS*

Chair Yoga with Bonnie
Tailored for participants with cardiac or other chronic medical conditions or those who would like a gentle exercise program. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential.

Qi-Gong with Rob
These easy to learn ancient Chinese 'moving meditations' will help you boost your immunity, reduce stress levels, and improve balance. Qigong's (pronounced "Chee-gung") gentle, flowing poses, deep breathing rhythms and visualization techniques enhance the flow of Qi (energy) that fuels your movements, thoughts and emotions. We will learn a variety of Qigong techniques and touch on the Martial Arts traditional origins of Qigong.

Floor Yoga with Deanna
This gentle Yoga class focuses on correct alignment for safety & stability, coordination of breath with movement, breathing exercises for mindfulness & focus and relaxation/meditation for a greater sense of well-being.

Exercise to Tapes
Participants follow the movements of people on a large screen doing various upper- and lower- body exercises. The program is designed to accommodate all levels of strength and ability.

MOVEMENT THROUGH *GAMES!*

Indoor & Outdoor Bocce
All are welcome, no experience necessary. The goal is to throw/roll your ball closer to the Pallino than your opponent. Players roll in turn until all 8 have been thrown. First team to 11 points wins.

Indoor Games
Bocce • Corn Hole • Ping Pong • Pool • Pickleball

Bowling
No experience necessary! $8 paid at Spare Time, 1668 Route 9, Clifton Park. This includes two games of bowling! Casual, drop in program.

Golf
We have an active Golf League that plays at Barney Road (par 3). We are always looking for new golfers (singles & couples) to join.

Healthy Bones for Life
This is a low-impact exercise program using both hand and leg weights that are provided. These exercises and a healthy diet rich in calcium and vitamin D have been shown to help maintain & improve bone health.

Aging Backward
This class is a gentle full body workout to strengthen muscles, increase flexibility, and improve mobility, which can help slow the aging process. This program focuses on engaging the fascia, the connective tissue that supports the body, and aims to build core strength, tone muscles and improve balance.

Boxing
This class combines low-impact boxing movements with light strength training using dumbbells and bodyweight exercises to provide a full-body workout that improves coordination, balance, and cardiovascular fitness. No boxing experience is required.

Pre-registration is required for most programs. If there is a fee, payment is made upon registration.

CLASS SHOWCASE: STATIONARY

Board Games
Learn and play strategy board games like Splendor, Azul, Hansa, and more!

Card Games
Hand & Foot, Poker, 5 Crowns, Bridge and Pinochle. Plus learn to play games like Hearts, Spades, Euchre and Bridge.

Tile Games
Scrabble, Mahjong, Dominoes, Mexican Train and Rummikub.

Duplicate Bridge
Bridge is a great way to energize your mind. This is a sanctioned game offering Masterpoints to the players who happen to win. Because it is sponsored by the ACBL there will be a charge to play in the game.

Intermediate Bridge
If you know the fundamentals of the game, but would like to improve, join in! We talk during our games, both about the bidding and playing of the hands.

Garden Club
Grow your groceries! Discover and discuss garden planting and in the spring get your hands dirty as we plant our crops in the Senior Center Community Garden.

Discussion Group
Got something on your mind? Come share it with our friendly, non-judgmental group. We welcome everyone's ideas.

Chorus
Our group of happy singers practice popular songs that are performed at senior centers and nursing homes. We welcome new and enthusiastic voices. No experience necessary.

Orchestra
We are always looking for people who play, or have played, a musical instrument. Concerts are performed throughout the year.

Big Jazz Band
The CPSCC Big Jazz Band performs musical arrangements in several styles ranging from early swing to more modern varieties loosely based upon "standards" from the Great American Songbook.

Ukulele
Come and join us for a Ukulele Sing-A-Long. Play the Ukulele and sing popular songs from 1910 to the 1990's.

Investment Club
The club is dedicated to educating the partners in security evaluation and investment through periodic contributions by the partners for their mutual long term benefit. All are welcome.

Meditation
Meditation improves your emotional and physical health by relaxing your mind, body and spirit. It has been known to reduces stress, control anxiety, help fight addictions, decrease blood pressure, improve sleep, help control pain and enhance self-awareness.

Book Club
Join the Book Club to discuss a different book each month. Help us pick our next book today.

Quilting
Some sewing experience is useful, but beginners are welcome. Our projects are made using fabric donations, and are then donated to charitable organizations. Sewing machines are provided.

Adult Coloring
Relax and enjoy friendly conversation and have some fun while coloring. Supplies will be provided at class.

Painting Studio
Learn and develop your oil, acrylic and watercolor painting skills; from sketching to picking out colors to making each piece uniquely yours.

Woodcarving
We are an active group of women and men who are engaged in all types of woodcarving. All you need is an interest in taking up woodcarving and socializing with a group of people who get so much out of what they do. No prior experience necessary. If you have the time, they will share their time to help you on your way.

Jewelry Making
No Experience Necessary! Beads & tools available. The Creative Jewelry Making class meets every other week on an informal basis for our own creations. All are welcome.

Knitting & Crocheting
Our group is not only a wonderful resource for those learning how to knit and crochet, but also a place to talk and make friends.