



# CLASS SHOWCASE: ACTIVE

## MOVEMENT THROUGH *DANCE!*

### Ballet, Tap and Jazz

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

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

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

### Modern Line Dance Fusion

This no partner line 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

This no partner *Country Line Dance Class* will start the beginning of each month with the basic Country dances done in this area. Every week we will add a few more higher beginner/intermediate and current Country Line Dances. This is a no pressure, just for fun, music and dancing class.

### Zumba Gold and Toning with MVP Healthcare

This class combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core. Zumba Gold is a fun, friendly workout anyone can do, including beginners.

## MOVEMENT THROUGH *MINDFULNESS*

### Chair Yoga

Chair Yoga is 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

Geared for all levels. Qi-Gong refers to simple, standalone body/mind exercises that also comprise the fundamentals of Tai Chi. We focus on learning a few Qi-Gong exercises and the Tai Chi introduced is a "7 Step form" linking 7 Qi-Gong movements into a dance-like sequence. This ancient form of Chinese exercise has proven benefits: increased balance, agility and coordination as well as improved memory, sleep and an overall sense of wellbeing.

### Yoga with Deanna Seabridge

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 of bocce is to throw your bocce balls closer to the Pallino than your opponent. Players throw and roll their balls in turn until all 8 balls have been thrown at the Pallino and the score is counted. First team to 11 points wins.

### Indoor Games

Bocce • Corn Hole • Ping Pong  
Pool • Pickleball

### Bowling

No experience necessary! \$12 paid at Spare Time, 1668 Route 9, Clifton Park. This includes two games, shoes, two slices of pizza, and soda. Casual, drop in program.

### Golf

We have an active Golf League that plays at the Town's Par 3 course on Barney Road. We are currently looking for new golfers (singles and couples) to join the mixed Clifton Park Senior Community Center Golf League.

### Healthy Bones for Life

This exercise program consists of weight-bearing exercises, muscle strengthening, flexibility, posture training and balance exercises. These exercises and a healthy diet rich in calcium and vitamin D have been shown to help maintain and improve bone health. This is a low-impact program, using both hand and leg weights which are provided.

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



# CLASS SHOWCASE: STATIONARY

## FUN THROUGH

### *GAMES!*

#### Board Games

Learn and play strategy board games like Splendor, Azul, Hansa, Teuntonica, Century Spice Road, Lords of Waterdeep and Arboretum, Concordia and World Wonders.

#### 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.

#### Quilting

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

#### Adult Coloring

Relax and enjoy friendly conversation and have some fun while coloring. Supplies will be provide 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 woodworking. 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

#### 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.

#### Photography Club

Learn and discuss methods and techniques, all skill levels welcome. Members use digital cameras, film cameras and cell phone cameras.

## FUN THROUGH

### *MUSIC!*

#### 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 of popular tunes.

#### 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.

## FUN THROUGH *CREATING!*