

**Enfield Senior Center**  
**299 Elm Street, Enfield, CT 06082**  
**860-763-7425**

**News Release for the Week of January 21, 2018**

**Hours of Operation January 2019:**

**Monday, Tuesday, and Friday** – 8:00 am – 5:00 pm.

**Wednesday and Thursday** – 8:00 am – 8:00 pm.

The Senior Center will be closed on January 21<sup>st</sup>, in observance of Martin Luther King Day Jr.

**New Classes at the Senior Center:**

**\*Registration is still open for our new classes on Wednesday nights!**

**POW-(People on Weights) - Wednesdays, 5:00 pm – 5:45 pm.** This class is broken down by muscle group, so the entire body is trained. Light weights and bands will be utilized. The class will run January 2<sup>nd</sup> through February 20<sup>th</sup>, for a total of 8 classes. The cost for Enfield residents will be \$24.00, for non-residents \$32.00

**Beginner Box-A-Lates – Thursdays, 5:00 pm - 5:45 pm.** This class is a combination of both cardio kickboxing and mat Pilates. This fused class will give you a strong core as well as a cardiovascular workout for a strong heart. The instructor will accommodate the different goals of each student. The class will run January 3<sup>rd</sup> through February 21<sup>st</sup> for a total of 8 classes. The cost for Enfield residents will be \$24.00, for non-residents \$32.00.

**Zumba – Wednesdays, 6:15pm-7:15pm.** Zumba is fitness made fun. Latin rhythms and easy-to-follow moves create a dynamic and exciting workout. Designed for people 50 and over. This class will run January 9<sup>th</sup> through February 20<sup>th</sup> for a total of 7 classes. The cost for Enfield residents will be \$28.00, for non-residents \$35.00.

**Members Needed:**

**The Enfield Garden Club** would love to have new members join their organization. The Enfield Garden Club plants and maintains 7 sites in Enfield and the surrounding areas. If you would be interested in joining their organization, please call the Senior Center for more information on their club offerings and meeting dates.

**The Wii Bowling** group needs more players to join their team. This simulated bowling game can be played sitting or standing. Wii Sports Bowling simulates real-life bowling by using simple motion controls — bowling the ball is as easy as flicking your wrist. Players can adjust the speed of their throws by swinging the remote faster and can add spin to the ball by twisting their wrist as they throw.

**Extra Day Offered:**

Poker will now be played on both Mondays and Thursdays from 12:30pm-4:00pm

**Upcoming Seminars:**

**Coping with Change and Managing Stress – Wednesday, January 23<sup>rd</sup>, 1:00.** Adrienne Devivo is back to discuss how to find purpose and remain positive through change and loss. This seminar can help both brain and overall health. Learn how to manage changes physical, emotional and environmental.

**Hulu Hoop to Improve Posture, Strength and Balance- Wednesday, February 6, 1:00 pm.**

A new look at how the Hula hoop can improve our posture, strength and balance. Touchpoints Rehab Physical Therapist, Kim Wanagar- Nation, has developed a wonderful exercise program that anyone can do! This program can be performed sitting or standing. Join us for some fun and laughter.

**Weather Closings:**

When the Enfield Public Schools are closed due to inclement weather, the Enfield Senior Center **will be open**; however, programs are cancelled. If there is a weather delay our schedule remains as usual. Closings will be posted on your local CBS channel, WFSB or [www.wfsb.com](http://www.wfsb.com).

**MARK YOUR CALENDARS:**

**Nightshift Dance Band – Friday, February 15th, 6 pm.** Everyone loves to dance and we have the band, Nightshift will entertain you with the music of Chicago, Doobie Brothers the Doors, Elton John and more. Spend a fun night out with us for just \$10.00, including dessert and coffee.

**Movies are Back:**

**Join us on Friday, January 25<sup>th</sup>, 2:00 pm – 4:00 pm,** for a viewing of Mama Mia! Here We go Again! The cost is \$2.00 at the door.

Information regarding The Enfield Senior Center can be found on our website: [www.enfield-ct.gov/seniors](http://www.enfield-ct.gov/seniors).

**Don't forget to like us on Facebook!**