



TAI CHI CH'UAN

## Drop In Classes Senior Center 2015 -2016

### Basic Beading For Beginners

**Thursday @ 1:00pm**

*Fee: \$5 per class. Classes resume September 3, 2015*

This class is geared for beginners. Please call the instructor if you have any questions. Instructor: Marion "Mimi" Vaeth (925) 228 -7567

### Jack's Sweet 100 Line Dances

**Wednesday @ 10:30 - 12:00 Noon**

*Fee: \$3 per class*

Line dancing to country-western, popular and Latin music. Enjoy the exercise while meeting new and old friends. Instructor: Jack Seman

### Martinez Ukuleles Jam Club

**Friday @ 2:00pm - 3:30pm**

Interested in learning to play the Ukulele and have fun while learning? This jam club is for you. Each Jam session brings a sweet, lively sounds throughout the center . A few Ukulele's may be available but it is recommended to bring your own Ukulele.

### Meditation

**Friday @ 10:30 - 12:00pm Noon**

*Fee: \$10 per class*

Meditation has long been known to produce relief from stress and tension, greater health and well-being, and a path to personal/spiritual growth and development as well as greater enlightenment. Join us to learn and practice healing meditation and gain support for the journey. Each week of the month will have a different focus.

Instructor: Mary Bruns

### Tai Chi Chuan

**Monday and Friday @ 8:00 - 9:00am**

*Location: 1111 Ferry Street*

*Fee: \$3 per class*

*Learn the slow, soft movements of Yang Style Tai Chi. Widely recognized as a gentle, safe way to increase strength, stamina and balance. This class is suitable for those who can walk without difficulty. Wear loose, comfortable clothes and appropriate shoes. Instructor: Larry Hines*

### The Crocketts

**Monday @ 10:15 - 12:00 Noon**

Are you interested in performing in a dance group? Newcomers welcome. Have fun while getting a great workout!

### Yoga with Linda

**Tuesday & Thursday @ 8:00 - 9:00am**

*Fee: \$5 per class*

Linda Burkard has studied extensively in various styles of yoga, specializing in Yoga Therapy. She is trained to work with seniors and those with special health circumstances. Wear loose fitting clothes and bring a yoga mat. Instructor: Linda Burkard - Certified Yoga Therapist

### Zumba for Beginners

**Thursday @ 11:45 - 12:30pm**

*Fee: \$6 per class - Classes resume on September 3, 2015*

Join the fun! Zumba Gold was designed for the active older adult with a lower intensity and not as fast. Instructor: Jo Nash