

# LAKE MARY SENIOR CENTER

**MEMBERSHIP FEES** - All participants must be 55yrs+. Lake Mary Corporate residents \$0. Non-Residents can purchase a \$20 yearly membership for 2017 or \$1 daily fee. Memberships do not include class fees. Class fees are required and paid directly to the instructor. Memberships expire Dec. 30, 2017.

**Belly Dancing** –Wednesdays 2:30-3:30pm \$2  
COMMUNITY CENTER, 140 E. WILBUR AVE.

Shimmy for fun and walk like an Egyptian! Fun beginner class will cover stretching warm up, basic step drills and follow-along choreography. Suggest wearing smooth sole dance shoes or bare feet. Athletic shoes are discouraged. A shawl or scarf to tie around your hips will help you focus on that area.

**Better Breathing** – Thurs. 3pm-4pm  
Learn Pranayama Yoga breathing techniques and breath control.

**Bingo** – Tues. & Wed. 2pm-4pm  
Bingo cards are \$1 each and you may purchase up to 8 cards. 10 games of Bingo are played during the two hour window.

**Book Club** – 1<sup>st</sup> Friday of each month 12pm  
Bring your own lunch and join in the book discussion.  
December-**Wild** by Cheryl Strayed  
January-**Murder on the Orient Express** by Agatha Christie

**Castanets** – Thursdays  
Beginner:11:30am-12pm,  
Intermediate:10:15am-11:30am  
Learn to play the castanets, a percussion instrument played with your hands. Beginners class at 11am. Men are welcome! Must have full use of fingers and wrists. Please register in advance.

**Chairobics** – Mon & Wed 10:30am-11:30am  
Tues & Thurs 9am-10am \$2  
Work at your own level and pace you prefer to improve your strength, flexibility, balance, agility and coordination.

**Crafty Corner** – Mon., Tues., Wed. 9am– 1pm  
This is a wonderful group that brings people together and gives back to the community through sewing, knitting & crocheting. Donations are always appreciated.

**Line Dancing** – All levels -Thurs. 12:30pm-2pm,  
Fri. 10:15am-12:15pm. Some dance experience needed. Intermediate: Thurs 2:00-3:15pm. \$2

**Mexican Train** – Fri. 10:15am-12:15pm  
Friendly game of dominoes.

**Sweating w/ Helen** – Tues & Thurs 10:30am \$2  
Fridays 11am - Community Center, 140 E. Wilbur .  
This one hour class is low impact with high intensity, working all parts of the body! Participants will work at their own pace either standing or sitting while listening to fun songs, both old and new.

**Strength Training & Toning** –  
Mon & Wed 11:45am-12:45pm \$2  
Exercises to increase strength, endurance, flexibility, energy, and balance...all to fun music.

**Swing Dance** – Fridays 1pm-3pm \$2  
COMMUNITY CENTER, 140 E. WILBUR AVE.  
West Coast Swing Dance lessons. No partner needed, individuals welcome.

**Tai Chi** – Tues. 11am-12pm \$2  
Exercise the mind and body through a series of gentle, flowing postures that create a kind of synchronized dance. The movement is slow, graceful, and fluid. NO class 12/20 & 12/27

**Tap Dance** - Thursdays  
Beginner:9:15am, Advanced: 9:45am  
Half hour Tap Dance class with no jumping. Tap shoes required. Participants must register in advance. Min 4/Max 8.

**Yoga** – Mon., Wed., & Fri. 9am-10am \$2  
Hatha yoga focuses on the connection of the body, mind, and breath. Deep breathing with gentle stretching and movement. Chairs are optional.

**Zumba** – Wed 12:30-1:30pm –Community Center,  
140 E. Wilbur & Th. 11am-12pm –Senior Center \$1  
Get cardio and muscle toning benefits while you work out to Latin and International music. Target all areas of the body which helps toward a healthier lifestyle.

**SENIOR ASSISTANCE**  
**SHINE** Medicare Counseling  
Every 3<sup>rd</sup> Thursday from 1:30pm–3pm

**SENIOR CENTER EXPANSION**  
The Senior Center will be closing soon to allow for an expansion. We do not know yet the exact date, but expect it to be some time in December. Once that date is known, we will send out a revised calendar. During the expansion, most classes will move to the Community Center at 140 E. Wilbur with very few time changes and a handful of classes will remain at the Senior Center. No classes will be cancelled during this time unless the instructor makes that decision.

911 WALLACE COURT LAKE MARY, FL 32746

LOBBY: (407) 585-1466

Active Adults age 55yrs+ <http://www.lakemaryfl.com/lake-mary-senior-center>

Hours: Mon. – Fri. 8:30am – 4pm