

Doubleday Babcock Senior Center
45 E. Main Street, Oyster Bay, NY ♦ 516 922-1770
CONTINUING EDUCATION - Fall 2008

MONDAY CLASSES

ARTHRITIS FOUNDATION EXERCISE – Increase range of motion and strengthen muscles mostly seated in a chair (some standing too). Increase mobility and energy level while decreasing stress.

Monday Evenings: Sept. 15th, 22nd, 29th, Oct. 6th, 20th, 27th, Nov. 3rd and 10th

Teacher: Barbara Gilmartin 8 Sessions: Seniors \$50 (Under 60 \$60) Time: 5:00pm to 6:00pm

CARDIOVASCULAR AEROBICS – “Pump Up Your Heart” and improve cardiovascular health, burn fat and calories while toning up. Wear sneakers and exercise apparel, bring light weights and a mat.

Monday Evenings: Sept. 15th, 22nd, 29th, Oct. 6th, 20th, 27th, Nov. 3rd and 10th

Teacher: Bridget 8 Sessions: Seniors \$50 (Under 60 \$60) Time: 7:00pm to 8:00pm

BELLY DANCING - Back by *popular demand* - Join us for an hour of graceful, exotic and mystical dance instruction that will help you with your coordination, relaxation and concentration. The class is also great for anyone who suffers from arthritis, wants to lose weight and unwanted inches.

Monday Evenings: Nov. 3rd, 10th, 17th, 24th, Dec. 1st, 8th, 15th, and 29th

Teacher: Zahirh 8 Sessions: Seniors \$50 (Under 60 \$60) Time: 7:00pm to 8:00pm

TUESDAY CLASSES

STRENGTH TRAINING – This exercise class will help you tone muscle, have better balance and improve your whole physical appearance. Wear sneakers and exercise apparel (mat, light weights, exercise band needed).

Tuesday Evenings: Sept. 15th, 23rd, 30th, Oct. 7, 14th, 21st, 28th and Nov. 4th

Teacher: Judi 8 Sessions: Seniors \$50 (Under 60 \$60) Time: 7:00pm to 8:00pm

THURSDAY CLASSES

YOGA – Learn how to relieve the stress of everyday living. Enjoy the peacefulness of the moment. Yoga is ancient and scientific, and when practiced, it encompasses and benefits all levels of human experience. Please bring a mat and wear loose, comfortable clothing.

Thursday Evening: Sept. 18th, 25th, Oct. 2nd, 9th, 16th, 23rd, 30th and Nov. 6th

Teacher: Melissa 8 Sessions: Seniors \$50 (Under 60 \$60) Time: 7:00pm to 8:00pm

MONDAY AND THURSDAY

PIANO LESSONS – “Empower Your Memory” - Learn entire keyboard on the first lesson. Teacher's unique method for easy learning. You do not need a piano at home to learn. Four students per evening, half hour lesson each student.

Monday Evenings: Sept. 15th, 22nd, 29th, Oct. 6th, 20th, 27th, Nov. 3rd and 10th

Thursday Evenings: Sept. 18th, 25th, Oct. 2nd, 9th, 16th, 23rd, 30th and Nov. 6th

Teacher: Shirley Reed 8 Sessions: \$120 Schedule lessons between 4:00pm and 6:30pm

WEDNESDAY EVENING LECTURE ENTITLED

“WHY WE DREAM AND WHAT DO THEY MEAN?” - The first half of the lecture you will learn why we have dreams and how they occur. The second half, you will have a one-on-one dream interpretation with Gerry.

One Session: Wednesday, Oct. 1st

Lecturer: Gerry McKey Fee: \$15 per person Time: 7:00pm to 8:00pm

THURSDAY SOCIAL NIGHT – Main Hall will be open for socializing, card games and meeting new friends.

Thursday Evenings: Sept. 18th, Oct. 2nd, 9th, 16th, 23rd, 30th, Nov. 6th

Donations will be accepted Time: 5:00pm to 9:00pm

FITNESS CENTER - Open Monday and Thursday from 4:00pm to 8:00pm

Sept. 15th, 18th, 22nd, 25th, 29th, Oct. 2nd, 6th, 9th, 16th, 20th, 23rd, 27th, 30th, Nov. 3rd and 6th

Non-Member Fee: \$40 for 8weeks.

(If you are already a member of the Fitness Center, there will be no extra charge.)

All classes are held at Doubleday Babcock Senior Center, 45 E. Main Street, Oyster Bay, NY
Please call the Program Office at 922-1770 to reserve a space in any of the above classes.