
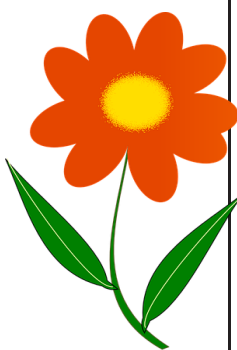

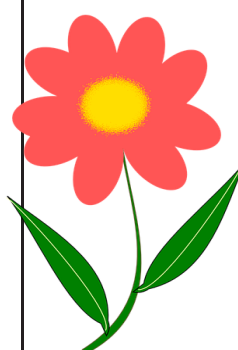


APRIL 2023 PROVINCETOWN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 Hyannis & 3 RMV Bus 1:00 Bridge 1:00 Chair Yoga 1:00 Drawing Elder Law	9:00 Yoga 4 9:30 Painting 10:00 Wii Bowling 1:00 Balance 1:30 Movie Senior Shuttle AARP Tax Prep	11:00 Yoga 5 12:00 Lunch 1:15 Travelogue 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	9:00 Brkfst Bus 6 9:00 Chair Yoga 9:30-11:30 Coffee Hour 10:00 Chocolate 11:30 Grace Notes 1:00 Weaving 1:30 COA Board 1:30 Strong at ♥ 2:00 Rummikub	7 
9:00 Orleans 10 Bus 1:00-3:00 Tech Help 1:00 Bridge 1:00 Chair Yoga 1:00 Drawing	9:00 Yoga 11 9:30 Painting 10:00-12:00 BP Clinic 10:00 Wii Bowling 1:00 Balance 1:30 Movie Senior Shuttle	11:00 Yoga 12 12:00 Lunch 1:30 Music Salon 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	9:00 Chair Yoga 13 9:30-11:30 Coffee Hour 10:00 Out & About 11:30 Grace Notes 1:00 Weaving 1:30 Strong at ♥ 2:00 Rummikub Podiatry	14 9:00 Walky Talky Alzheimer's Family Support Center Groups 508-896-5170
17 CENTER CLOSED HAPPY PATRIOT'S DAY!	9:00 Yoga 18 9:30 Painting 10:00 Wii Bowling 1:00 Balance 1:30 Movie Senior Shuttle	11:00 Yoga 19 12:00 Lunch 1:30 Author Series 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	9:00 Chair Yoga 20 9:30 Out & About 9:30-11:30 Coffee Hour 11:30 Grace Notes 1:30 Strong at ♥ 2:00 Rummikub	21 9:00 Walky Talky 9:30 Sight Loss Support Group 508-394-3904
1:00 Bridge 24 1:00 Chair Yoga 1:00 Drawing Vet Center Social Worker 508-778-0124	9:00 Yoga 25 9:30 Painting 10:00 Wii Bowling 1:00 Balance 1:30 Movie Senior Shuttle	11:00 Yoga 26 12:00 Lunch 1:15 Classic Movie 1:30 Knitting Senior Shuttle Veterans Agent 508-778-8740	9:00 Chair Yoga 27 9:30-11:30 Coffee Hour 10:30 Out 2 Lunch 11:30 Grace Notes 1:30 Strong at ♥ 2:00 Rummikub Podiatry	28 9:00 Walky Talky Alzheimer's Family Support Center Groups 508-896-5170
<u>SENIOR CENTER HOURS</u> MON-THURS 8 AM - 5 PM FRIDAY 8 AM - NOON				Wednesday lunches require an RSVP by noon on the Thursday before: 508-487-7080

NEW FITNESS @ PROVINCETOWN SENIOR CENTER

ANYTHING IS POSSIBLE CHAIR YOGA

Mondays, 1:00 -2:00 pm

As Pema Chodron says, "Start where you are."

Focus on breath work, full body stretching, core strength, coordination, and balance. Students will be seated for most of the class, with about 10 minutes of standing using the chair as a support, followed by a guided body scan and relaxation for the final 10 minutes.

Christine Frisco is Kripalu certified and has been teaching since 2000.

Registration is required, call 508-487-7080

TAI CHI & QIGONG

Tuesdays, May 2 - June 20 from 10:30 - 11:30 am

A gentle, flowing practice that improves flexibility, balance, lung capacity and posture, calms the mind and strengthens the immune system. Includes mindful centering, stretching, breathing and strengthening through Tai Chi and Qigong movements. Developed to give you all the benefits of classic Tai Chi in an easier, more accessible way. No experience necessary.

Led by Lisa Bushy, RN, who has taught Tai Chi for 8 years and is a member of the American Tai Chi and Qigong Association.

Registration is required, call 508-487-7080

STRONG AT HEART

Thursdays, May 11 - June 15 from 1:30 - 2:30 pm

A 6 week exercise program aimed at those who want to build on strength and endurance. A mix of interval training and circuit training that keeps your heart rate up and muscles engaged!

Recommended for generally healthy older adults though modifications can be made on an individual basis. Led by an Exercise Physiologist from the VNA of Cape Cod. Participants must be able to tolerate 60 minutes of seated/standing exercise and ambulate independently.

Advanced registration including medical clearance is required.

Contact the VNA of Cape Cod directly to register at 508-957-7423