

Glastonbury Senior Services Winter Sessions 2022 Class Schedule
Register online at <https://glastonburyct.myrec.com> or Call (860)652-7638
Registration starts for Residents : December 7, 2021 * Non-Residents: December 14, 2021

SENIOR FITNESS PROGRAMS						
Class	Description	Meets	Dates	# of Classes	Fee R	Fee NR
Stretcherize with Chair Yoga	An easy way to get the health benefits of yoga. Learn how to stretch muscles, reduce anxiety and build strength and balance.	Tuesdays 11:30 - 12:15 pm	January 4 - April 12	15	\$75	\$85
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays 10:00 am -11:00 am	January 5 - April 13	15	\$75	\$85
		Fridays 10:00 am - 11:00am	January 7 - April 15	15	\$75	\$85
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30 pm – 4:15 pm	January 3 - April 11	13	\$55	\$65
Intermediate Line Dancing	Prior dancing experience required. -Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 am –12: pm	January 6 - April 14	15	\$90	\$100
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesdays & Fridays 10:15 - 11:00 am	January 5 - April 8	28	\$115	\$125
		Wednesdays & Fridays 11:15 am - Noon	January 5 - April 8	28	\$115	\$125
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00 pm - 7:00 pm	January 6 - April 14	15	\$75	\$85
LIFELONG LEARNING PROGRAMMING						
Italian I Textbooks required Call for info 860-652-7638	Expand your knowledge of this beloved Romance language and share the joy!	Thursdays 9:00 am	Virtual January 6 April 14	15	\$5	\$7
Italian II	(Prior knowledge of the language is required)	10:00 am	January 6 April 14	15	\$5	\$7
The Great Courses: "How Winston Churchill Changed the World" with Professor Michael Shelden, PhD	This course follows Winston Churchill's career from its beginnings in the early 1900s to its peak in the 1940s and to his last time as prime minister in the 1950s. Facilitated group discussion afterwards.	Fridays Noon - 1:30 pm	Virtual January 14 April 1	12	No Fee	



Covid-19 Booster Shot Update



The town of Glastonbury will be hosting a COVID-19 booster vaccine clinic at the RCC during November. No clinic date or time is available yet, but clinic details will be provided once finalized. The Pfizer, Moderna and Johnson & Johnson (Janssen) vaccines will all be available.

If you completed your Pfizer or Moderna vaccination series at least 6 months ago, you are eligible for a booster if:

- you are 65 years or older**
- 18 years + and live in a long-term care setting**
- 18 years + and have an underlying medical condition**
- 18 years + who work/live in a high-risk setting.**

If you received the Johnson & Johnson vaccine at least 2 months ago, you are eligible for a booster if you are 18 years or older.

You may choose which COVID-19 vaccine you receive as a booster shot. CDC recommendations now allow for a mix and match dosing for booster shots.

Clinic dates and details will be available on the Town website, Glastonbury Citizen and social media once they have been finalized.