

Rahway Senior 2016 Fall/Winter Programs

REGISTRATION FOR 2016-2017 FALL/WINTER PROGRAMS will start on Tuesday, September 6, 2016 at 9:00 AM. No mail or phone in registrations.

All programs: \$5 for Rahway residents 62 or older. All programs subject to change.

You may register at: the Rahway Senior Center, Rahway Recreation Center, or online at www.capturepoint.com Questions? Call Senior Services at (732) 827-2016.

Location Color Code:

- **Rahway Senior Center**
- **Rahway Senior Annex**
- **Rahway Recreation Center**

INCLEMENT WEATHER POLICY

In case of severe weather please call (732) 827-2006 for a recorded message regarding cancellations/closures.

MONDAYS

- **WALK & TONE**
DATES: Sept. 26, 2016-Feb 27, 2017
TIMES: 9:00 AM-9:45 AM
- **WATERCOLOR/PASTELS**
DATES: Sept. 26, 2016-Feb 27, 2017
TIME: 10:30 AM – 12 NOON or 12:15 PM – 1:45 PM
- **HELPING HANDS**
DATES: Oct. 3, 2016-Jan. 30, 2017
TIME: 10:00 AM – 11:45 AM
- **ARTHRITIS EXERCISE**
DATES: Sept. 26, 2016-Feb 27, 2017
TIME: 1:30 PM – 2:30 PM

TUESDAYS

- **CROSS STITCH**
DATES: Sept. 27, 2016-Feb 28, 2017
TIME: 10:00 AM – 11:00 AM
- **LATCH HOOK**
DATES: Sept. 27, 2016-Feb 28, 2017
TIME: 11:15 AM – 12:45 PM
- **DRAWING**
DATES: Sept. 27, 2016-Feb 28, 2017
TIME: 11:00 AM –12:30 PM
- **CHARCOAL & VARIOUS MEDIUMS**
DATES: Sept. 27, 2016-Feb 28, 2017
TIME: 12:45 PM – 2:15 PM
- **ZUMBA GOLD**
DATES: Sept. 27, 2016-Feb 28, 2017
TIME: 1:00 PM – 1:45 PM

WEDNESDAYS

- **CREATIVE CRAFTS**
DATES: Sept. 28, 2016-March 1, 2017
TIME: 10:00 AM – 11:00 AM
- **EZ CARD MAKING**
DATES: Sept. 28, 2016-March 1, 2017
TIME: 11:15 AM –12:45 PM
- **ACRYLIC PAINTING**
DATES: Sept. 28, 2016-March 1, 2017
TIME: 1:00 PM – 2:30 PM

THURSDAYS

- **GARDEN CLUB**
DATES: Sept. 29, 2016-March 2, 2017
TIME: 9:00 AM – 10:00 AM
- **CROCHET**
DATES: Sept. 29, 2016-March 2, 2017
TIME: 10:15 AM – 11:45 AM
- **QUILTING**
(must supply all quilting materials)
DATES: Sept. 29, 2016-March 2, 2017
TIME: 12:00 AM – 1:30 PM
- **OIL PAINTING**
DATES: Sept. 29, 2016-March 2, 2017
TIME: 1:00 PM – 2:30 PM

In order to make sure that everyone has an opportunity to participate in the exercise classes, initial registration will be limited to either Debbie's or Tracey's classes. Additional registrations may be accepted if space allows.

Any adult rahway resident under 62 years of age may register for these programs (if there are openings available) at the regular adult fee.

FRIDAYS

- **CARDIO SHAPE – UP**
DATES: Sept. 30, 2016-March 3, 2017
TIMES: 9:00 AM – 9:45 AM
- **MEMOIR WRITING**
DATES: Sept. 30, 2016-March 3, 2017
TIME: 10:00 AM – 11:30 AM
- **MULTI-CULTURAL DOLL MAKING**
DATES: Sept. 30, 2016-March 3, 2017
TIME: 12:30 PM – 2:00 PM

2 DAY CLASSES

- **INTRO TO LINE DANCING (FREE)**
Monday, Friday
DATES: 9/9, 9/12, 9/16, 9/19, 2016
TIME: 10:00 AM – 11:00 AM
- **LINE DANCING**
Monday, Friday
DATES: Sept. 26, 2016-March 3, 2017
TIME: 10:00 AM – 11:00 AM
- **EXERCISE – DEBBIE**
Tuesday, Thursday
DATES: Sept. 27, 2016- March 2, 2017
TIME: 9:15 AM – 10:00 AM
- **EXERCISE – TRACEY**
Tuesday, Thursday
DATES: Sept. 27, 2016- March 2, 2017
TIME: 10:15 AM – 11:00 AM
- **TAI CHI**
Wednesday, Friday
DATES: Sept. 28, 2016- March 3, 2017
TIME: 10:30 AM – 11:30 AM

No classes will be held on:

- October 10, 2016
- November 8, 11, 24, 25, 2016
- December 19, -January 2, 2017
- January 16, 2017
- February 20, 2017