

There is an activity at the Buzzell Senior Center for everyone!  
Try something new and meet some new friends at the same time!

### **Exercise Programs:**

- SBF Exercise 9:45-11AM (Monday & Wednesday)
- Special Exercise 11-12PM (Monday, Wednesday, & Friday)
- Aerobics 10:30AM (Tuesday & Thursday)
- Country Line Dancing - 1:00PM (Wednesday)
- 3B Fitness -Tuesday's at 2:00PM - Sign-up required (check back for next session in April!)
- Gentle Yoga - Wednesday's at 4:15PM - Sign-up required (check back for next session!)
- Zumba - Tuesday at 9:00AM - Sign-up required

### **Walking Group:**

Tuesday and Thursdays at 9:00 AM - Walk begins from the Senior Center. (During the Summer/Fall months)



## **Bocce:**

During the warmer months, enjoy our bocce court! Grab a partner and play anytime you would like!!



## **Crafts:**

Seniors may join a craft class to learn or improve a variety of skills in needlework, wreath-making, or gift arrangements. Crafters also get together for camaraderie and idea-sharing while working, or to produce larger projects such as quilts. Many of the items made are for our Annual Crafts Fair in November.

## **Knitting/Crocheting:**

Monday's at 11:00AM

## **Quilting:**

Monday's at 1:00PM

## **COMPUTER NEWS FOR MARCH 2016:**

We have been approached again to offer some classes for those who have little or no knowledge about computers. So, starting March 10th, we will have a four (4) week session on "Computers for beginners." (And anyone else who wants a refresher class) We are not interested in knowing why you need this help, but we want to help.

What we don't want, is for you to be looked upon by family and friends as somehow "lacking" because we don't have the knowledge and skill needed to use a computer. You can do it! I personally am tired of hearing stories about how 4 year olds are helping their grandparents use a computer...So, if you feel the same way, or just what to refresh your knowledge, come and see us, we promise to help!

We have set aside the class time, so all you need to do is sign up, so ask at the front desk. Also, please remember that Tuesdays are reserved for "one-on-one" help. If your need help with your computer, or just have a question, come in and see us. By the way, if you what to use the new Hallmark Greeting Card program we have, or see what it's all about, drop in and we'll get your started on making your own greeting cards. Save your money and make your greeting cards here. They will be better, cheaper and more appreciated when it has the personal message only you can write!

**For more information on our classes, please call the Buzzell Senior Center at (978) 657-7595.**