



Afternoon Recreation: Enrichment Classes Summer 2018 – Schedule of Activities



Classes are open to participants (16+yrs). Ratios and class size vary by activity, typically 1 staff person + 1 instructor for every 8 participants. Please discuss support needs, participants requiring individualized care are welcome to attend with a caregiver. Activities are held year-round and participants can apply at any time. A general commitment to attend is expected. Classes must meet a minimum of 4 paid participants in order to proceed. Popular classes are often full, please call to enquire about availability. Proposed start date and pro-rating for mid-session add/drops are to be discussed prior to attending. The Fillable Registration form can be submitted by email. Payment can be processed using a credit card, online banking electronic deposit, or by mailing (1269 Main St, Concord, MA 01742) a check payable to “Minute Man Arc for Human Services”. Paperless registration & payment is preferred. Program is closed on Memorial Day 5/28, **REC Staff Days 6/6 & 6/20**, Independence Day 7/4, and Labor Day 9/3. Cancellations & missed classes (unrelated to health concerns) will not be refunded. Partial scholarships may be available to individuals who cannot access classes without assistance. Programming is directed by participant interest; input is appreciated. All participants are welcome. For information, please contact: AD Recreation & Inclusion, Darcie Heller: dheller@minutemanarc.org, W978-287-7936/C978-201-2481



Early Yoga Mondays (3:00-4:00pm), June 4th – Aug 27th (13 weeks) \$234

Participants will meet in Large Rm 115 to practice the stretches, balanced poses, and meditation exercises which collectively act to relieve stress, build strength, and promote “inner calm”. Please wear comfortable clothing, indicate your preference to participate from a chair or mat.



Late Yoga Mondays (4:30-5:30pm), June 4th – Aug 27th (13 weeks) \$234

Participants will meet in Large Rm 115 to practice the stretches, balanced poses, and meditation exercises which collectively act to relieve stress, build strength, and promote “inner calm”. Please wear comfortable clothing, indicate your preference to participate from a chair or mat.



Art Tuesdays (3:00-4:00pm), June 5th – Aug 28th (13 weeks) \$234

Creative individuals will meet in the Red Rm 119 for a group exploring foundation art concepts, new mediums, and creating craft projects. Examples include using wreaths, watercolor, and fabric squares (materials fee included).



Body Bootcamp Tuesdays (4:30-5:30pm), June 5th – Aug 28th (13 weeks) \$234

Participants will meet Fitness Instructor, Scott C., in Large Rm 115 for a fun & focused exercise group which uses simple exercise, free weights, and yoga balls to develop a healthier stronger self. Please wear sneakers & comfortable clothing, bring a bottle of water & inhaler (as needed).



Wednesday Bowling Wednesdays (2:45-4:15pm), June 13th – Aug 29th (10 weeks) \$180

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *2:45pm* for the alley. This is a non-competitive group; we do review & record our scores for fun. Fees include shoe rental and two games. Please remember to wear socks! **No activity on June 6th & 20th.**



Thursday Bowling Thursdays (2:45-4:15pm), June 7th – Aug 30th (13 weeks) \$234

Strike up a new friendship by beating your own best score! Social Bowlers will meet in the Lobby and leave at approximately *2:45pm* for the alley. This is a non-competitive group; we do review & record our scores for fun. Fees include shoe rental and two games. Please remember to wear socks!



Thursday Ceramics Thursdays (4:30-5:30pm), June 7th – Aug 30th (13 weeks) \$234

to know others by painting pieces together! Participants will meet Instructor, Diane S., in Red Rm 119 to learn a variety of finishing techniques and delight in taking your masterpiece home to gift or admire (materials fee included).



Chorus Fridays (3:00-4:00pm), June 8th – Aug 31st (13 weeks) \$234

Enthusiastic vocalists join Choral Instructor, Marsha M. in Rm 112, in singing a variety of songs in preparation for our upcoming performance. During class periods which are not rehearsals, the group focuses on music appreciation & vocal skills and singing fun tunes of each participant's choosing.