



West Hartford Mental Health, Wellness and Prevention Activities and Events May 2024

Wednesday, May 1

Guided Meditation

Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace. JCC

Wednesdays 11:30am

Free and open to all

Register at https://us02web.zoom.us/meeting/register/tZcuc-ytrD0sEtR_ZnOMQ5hFmF4oTX2xcWje

Parkie Pong Wednesdays 1:00-3:00pm at Elmwood senior center register by calling: 860-561-8180 or Email: whsc@westhartfordct.GOV. Join us and take control of your Parkinson's journey. This program is open to all PWP and their support partner. The medical community credits Ping Pong with helping cognition, balance, rhythm, pace of play, social skills, mood and hey, it's fun!

West Hartford Tween Den

Faxon Library 3:00pm-4:15pm

Thursday, May 2

Youth Mental Health First Aid 9:00am-4:00pm Mandell JCC

Learn to identify the signs of mental health challenges in the youth in your life and how to get them the help they need. To register, visit: bit.ly/3rNFTvP or call Anna MacDonald at 860-761-7099. For more information go to www.mentalhealthfirstaid.org

Free Wellness Screenings Bishops Corner Senior Center, 15 Starkel Road

First Thursday of every month. 9-10:30am

Family Storytime 10:15-10:45am Bishops Corner Library

Screenagers: Growing up in the Digital Age 6-8pm KP Middle School

Adults and teens are invited to view and discuss the film. Childcare, refreshments and language translations will be available. Register at: <https://tinyurl.com/4ft23xfu>

Friday, May 3

Free Wellness Screenings West Hartford Town Hall Every Friday
50 South Main Street
Room 417 10:30-12pm

Weekly Movie Showings- Every Friday at 1:00pm we will alternate showing movies at the Bishops Corner Branch and the Elmwood Branch of the West Hartford Senior Centers. Contact Bishops Corner (860-561-7583) or Elmwood (860-561-8180) for movie schedule.

Practice English at Faxon Library 10-12:00pm

Saturday, May 4

Walk like MADD – West Hartford Town Hall 10:00am All ages

Westmoor Park Family Fishing Festival – Fernridge Park 9-12:15 All ages

Sunday, May 5

Cinco De Mayo Celebration – Bishops Corner Senior Center

Monday, May 6

YMCA: Build Skills and Friendships Noah Webster Library Story Room 5-6pm Ages 3-5

Join the YMCA Child Development staff of the Hartford Y to socialize, explore, and create structures with building blocks or color at our coloring stations. Parents must be present with child.

Drumming Circle

Experience the power of community and sound using djembe (African) drums. Drumming in a group has many health benefits, and it's fun! If you have a drum, let us know, otherwise we will provide them.

Instructor: Elaine Waitr

Mon., May 6 1-2pm

Cost: \$20/person

Register: www.mandelljcc.org/tix

Much to Do with LGBTQ+

Join us for a presentation from UCONN Health on all things LGBTQ+. This presentation is an excellent chance to learn about a wide range of topics such as terminology, allyship, and how to create safe spaces. There will also be a focus on how to navigate being LGBTQ+ in healthcare with focus on how to advocate for yourself as a patient and what you should expect from your doctor. <https://westhartford.librarymarket.com/event/much-do-lgbtq-71854>

Weekly Walkers- Mondays 10:30am-Join our Walking Crew for a breath of fresh air, as we get out and walk together. We will be meeting weekly at different locations around town for a 1 mile or 2 mile loop to get ourselves moving! Bring a friend or make a new friend - Walk at your own pace - Suitable for Beginners - Paved paths or sidewalks. Weekly emails will announce Time, Date & Location. For information or to join our email list please contact Lisa Hanse at 860-561-8180 or email Lisa.hanse@westhartfordct.gov

Shakespeare Book Club , Noah Webster Library and virtual 6:30pm
Email bard@westhartfordlibrary.org for more information

Tuesday, May 7

Mindfulness for Stress Reduction

Learn a different successful approach to dealing with stress, chronic pain, illness, and difficult life challenges. This 6-week class combines a variety of meditation techniques with gentle, mindful stretching and movement.

Instructor – Jeryl Brown, LCSW

Tue April 30 –June 4 6:30 -8:30pm

\$295/\$260 JCC member

Register: www.mandelljcc.org/tix

Cinco de Mayo Celebration at Bishops Corner Senior Center 12-1:30pm

Fee: \$15M/\$20NM. Join famed Mexican folkloric dancer, Tere Luna as we celebrate Mexican's 1862 victory over France! Tere's beautiful costumes and uplifting Mexican dance will delight as we indulge in traditional Mexican dishes. Menu: Cheese or Chicken Enchiladas, Rice, Beans & Tres Leches Dessert. Registration required; please call 860-561-7583 or register online at

<https://westhartford.recdesk.com/Community/Home> Program #: 501011

IN-PERSON Dementia Caregivers Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, stages of disease, family dynamics, and safety issues. Meets the 1st Tuesday of every month. 10:00-11:00am. Bishops Corner Senior Center. Facilitated by: Hartford HealthCare Center for Healthy Aging Certified Dementia Specialists. For more information please call 877-424-4641.

IN-PERSON Parkinson's Support Group

Meets the 1st Tuesday of every month. 1:00-2:00pm at Bishops Corner Senior Center. Facilitated by- Sandra Cook, CSA, CDP of Home Helpers. Are you interested in learning more about Parkinson's disease (PD) and connecting with other people who have PD and their Care Partners? Participating in a support group is a wonderful way to receive practical information and education on living with Parkinson's disease. More importantly, members receive the support of others who truly understand. Call 860-561-7583 or email WHSC@westhartfordct.gov to register.

Wednesday, May 8

Guided Meditation Mandell JCC Wednesdays at 11:30am

Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace. Free and open to all.

www.mandelljcc.org/tix

Sound Bath for Deep Relaxation and Rejuvenation 6-7:30pm

Sink into deep body rest with sound vibrations and frequencies that can effect DNA, support the endocrine system, and allow unconditional love to vibrate throughout your body and energetic layers.

Instructor: Edie Jemiola \$20 per person per class

Register: www.mandelljcc.org/tix

Processing Grief with Sound Therapy 12-1:30 pm

Lighten the weight of grief, allow your life force energy to flow again, and allow your heart and body to heal and to strengthen. Through Crystal Bowls and Edie's beautiful voice, you'll feel more peace and calm.

Instructor: Edie Jemiola Cost: \$20/session

Register: www.mandelljcc.org/tix

The Benefits of Blending Holistic Health Services with Traditional Medicine

12:15-1:30 JCC

Traditional Medicine serves us well throughout our lifetime treating ailments, chronic conditions, diseases, and emergencies. Integrating holistic health services to your care can often help reduce risk factors, reduce pain and manage symptoms without added medication. Join us to learn more about some modalities that are safe when used in conjunction with conventional medicine. Bagel lunch included. Registration required. \$8 JCC member/\$10 community member

Register: Sharon Holtzberg, sholtzberg@mandelljcc.org (860) 231-6311

Parkie Pong Wednesdays 1:00-3:00pm at Elmwood senior center register by calling: 860-561-8180 or Email:whsc@westhartfordct.GOV. Join us and take control of your Parkinson's journey. This program is open to all PWP and their support partner. The medical community credits Ping Pong with helping cognition, balance, rhythm, pace of play, social skills, mood and hey, it's fun!

Thursday, May 9

Leveraging the Energy Within to Change Your World

Based on the work of the HeartMath Institute, this session will explore managing stress and connection. Participants will leave with an understanding of how to achieve heart/brain congruency; learn the Heart Breathing technique; and understand the impact to their autonomic system as a result of adopting this practice.

Instructor: Timothy Michaels, Life Coach, Reiki Master

Thu May 9; 5:30pm

Cost: \$10:00 Register: www.mandelljcc.org/tix

IN-PERSON MS Support Group – Elmwood Senior Center 1-3:00pm

Meets the 2nd Thursday of every month.

This Self-Help Group unites people who share common life experiences for support, education and assistance. Participants share a belief that positive personal change happens through individual efforts with the support of others. Peer volunteer group leader receives training from the National MS Society. For information or to RSVP, contact Facilitator Tom Cote at 860-236-2751 or Thomas.m.cote@sbcglobal.net

Bird Walk at Elmwood Senior Center (starting at lower parking lot) 8:30-9:30am

Fee: FREE. Enjoy a morning birding trip exploring the Trout Brook Trail in

Elmwood/West Hartford. Learn about the many birds that can be found along this trail,

including warblers, sparrow, ducks and more. At this time of year, many different birds upon their migration voyage are possible to be seen. Please bring binoculars and cameras if you have them, to take advantage of seeing the birds close up. We will do our best to point out any/all birds found along the trail. Come explore the trail and all it has to offer! Raindate: Friday, May 10. Preregistration required; please call 860-561-8180 or email WHSC@westhartfordct.gov to register.

Adult Crafternoons: Tissue Paper Flowers

Faxon Library Community room 2-3:30pm

Friday, May 10

Free Wellness Screenings West Hartford Town Hall Every Friday

50 South Main Street

Room 417 10:30-12pm

Weekly Movie Showings- Every Friday at 1:00pm we will alternate showing movies at the Bishops Corner Branch and the Elmwood Branch of the West Hartford Senior Centers. Contact Bishops Corner (860-561-7583) or Elmwood (860-561-8180) for movie schedule.

Yoga: Journey to Spiritual Awakening

Bishops Corner Senior Center 3-4pm

Fee: FREE. The speaker Dr. Amala Guha will discuss the core tenets of Yoga in the context of Ashtang Yoga. Origin, practices, applications, benefits will be elaborated.

Audience will learn how to customize yogic Asanas, techniques of safe practice and on-hand breathing exercises. Attendees are requested to wear loose clothes and may bring a shawls or a light blankets to cover themselves. Attendees are invited to stay from 4:00 to 5:00pm for a **Spiritual Conclave**: How food influences the mind: Concept of Samadhi. Helpful Read: The Tao of Physics by Fritjof Capra. Registration is required; please call 860-561-7583 or email WHSC@westhartfordct.gov.

Saturday, May 11

Veteran's Resource Fair 10:00am – 3:00pm Town Hall Auditorium

Jazz Guitar 101 Noah Webster Library 12-1pm Adults and Teens Contact sferri@westhartfordct.gov or 860-561-6989 for more information

Sunday, May 12

Happy Mother's Day! Take a walk in one of our beautiful parks or walk the Trout Brook Trail. For a list of our parks and locations, please click link

Monday May 13

Weekly Walkers- Mondays 10:30am-Join our Walking Crew for a breath of fresh air, as we get out and walk together. We will be meeting weekly at different locations around town for a 1 mile or 2 mile loop to get ourselves moving! Bring a friend or make a new friend - Walk at your own pace - Suitable for Beginners - Paved paths or sidewalks. Weekly emails will announce Time, Date & Location. For information or to

join our email list please contact Lisa Hanse at 860-561-8180 or email

Lisa.hanse@westhartfordct.gov

FREE Narcan Training Noah Webster Library, West Hartford 6:30-7:30pm

Susan Walsh of the West Hartford-Bloomfield Health District will teach you how to identify and prevent an opioid overdose, administer Narcan and understand the Good Samaritan law. Participants will receive a free Narcan kit and resource information.

Tuesday, May 14

Mindfulness for Stress Reduction

Learn a different successful approach to dealing with stress, chronic pain, illness, and difficult life challenges. This 6-week class combines a variety of meditation techniques with gentle, mindful stretching and movement.

Instructor – Jeryl Brown, LCSW

Tue April 30 – June 4 6:30 -8:30pm

\$295/\$260 JCC member

Register: www.mandelljcc.org/tix

WEHA Health and Wellness Fair 4-7pm

West Hartford Chamber of Commerce, Blue Back Square

Wednesday, May 15

Guided Meditation

Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace. JCC

Wednesdays 11:30am

Free and open to all

Register at https://us02web.zoom.us/meeting/register/tZcuc-yrD0sEtR_ZnOMQ5hFmF4oTX2xcWje

**A Moment of Peace and Paint – A follow Along Landscape Painting Workshop
Ages 13+**

Join us at the Noah Webster library to paint a tranquil landscape using acrylic paint! Receive tips on breaking down a reference picture as you let your creativity flow and unwind in this live paint-along session. Registration is required and seats are limited. This program is brought to you by the 2024-2025 West Hartford Libraries Teen Advisory Board. <https://westhartford.librarymarket.com/event/moment-peace-and-paint-follow-along-landscape-painting-workshop-72804>

Parkie Pong Wednesdays 1:00-3:00pm at Elmwood senior center register by calling: 860-561-8180 or Email: whsc@westhartfordct.GOV. Join us and take control of your Parkinson's journey. This program is open to all PWP and their support partner.

Chair Yoga (In-Person at Bishops Corner Senior Center)

Chair Yoga is a yoga practice modified so that postures and movements can be done seated in a chair. Many of the basic body positions of the chair yoga poses are similar, but without having to get down or back up from the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends and mild backbends. Class includes some standing and balancing postures done using the chair for support. In addition to a good stretch, chair yoga participants may also enjoy other health

benefits, including improved muscle tone, better breathing habits, stress reduction, better sleep and a sense of well-being. Instructor: Jill Hebert.

551932BB Wed 1:00-1:45pm 5/15-6/26 5 Sessions \$35M/\$45R/\$50NR

Senior Day and Health Fair at Elmwood Senior Center 9:30-12:00pm

Fee: FREE. Come visit over 40 vendors of Senior Services including home health agencies, retirement communities, specialty services and much more. There will be preventative health screenings sponsored by West Hartford/Bloomfield Health District, which may include: balance, cholesterol, mood & memory, blood pressure, urinalysis, dental, vision, diabetes, nutrition, and senior safety. Complimentary chair massages will be offered. Event co-sponsors: State Senator Derek Slap and the West Hartford-Bloomfield Health District. Registration is not required. For more information, please call 860-561-8180.

Building Connections: A Book Club for Immigrants 6:15-7:45pm

Faxon Library Ages: Adult

The Building Connections Book Club is for West Hartford Advanced English learners who want to develop their English reading and communication skills in a diverse, inspiring and encouraging environment.

For more information, contact Eemhanlon@gmail.com or 860-305-1786.

Thursday, May 16

Free Wellness Screenings

Elmwood Senior Center, 1106 New Britain Avenue. 9-10:30am

Third Thursday of every month.

Tai Chi - Beginner (In-Person at Elmwood Senior Center)

If you have little or no experience but have been wanting to learn Tai Chi or, you have tried it but found it difficult, this could be the class to finally get you started. Tai Chi is known for its gentle movements and ability to improve balance, flexibility, and breathing. Classes will always begin with a simple warm-up to loosen up the joints and muscles. We will then do some balance work and breath-ing exercises. Most of the class will be spent learning various Tai Chi forms using easy to learn step-by-step instructions. By the end of the session, you will be able to do the forms on your own at home or anywhere you want to practice your new skills. Instructor: Marivic Maury.

391911B Thu 9:00-9:45A 5/16-6/13 5 Sessions \$30M/\$40R/\$45N May 16

Silver Barre (In-Person at Elmwood Senior Center)

Do you have a tutu tucked away in the back of your closet? Is a viewing of The Nutcracker always a part of your holiday season? Or would you just like to stand a little taller and walk through life with a little more grace and elegance? Well then, step up to The Silver Barre! This basic ballet class is focused on barre work to lengthen and strengthen the spine, increase leg and hip strength and develop foot articulation. No tutu required! But you will need soft ballet slippers or other form-fitting soft soled dance shoes. The Capezio canvas "Juliet" slipper is recommended. Instructor: Susan Fay.

391915B Thu 2:00-2:45P 5/16-6/13 5 Sessions \$40M/\$50R/\$55NR

Tai Chi - Beginner (In-Person at Elmwood Senior Center)

If you have little or no experience but have been wanting to learn Tai Chi or, you have tried it but found it difficult, this could be the class to finally get you started. Tai Chi is known for its gentle movements and ability to improve balance, flexibility, and breathing. Classes will always begin with a simple warm-up to loosen up the joints and muscles. We will then do some balance work and breathing exercises. Most of the class will be spent learning various Tai Chi forms using easy to learn step-by-step instructions. By the end of the session, you will be able to do the forms on your own at home or anywhere you want to practice your new skills. Instructor: Marivic Maury.
391911B Thu 9:00-9:45A 5/16-6/13 5 Sessions \$30M/\$40R/\$45NR

LGBTQIA25+ Allyship and Youth Prevention 12-1:30pm Zoom

Topics include: Foundations of LGBTQIA25+Community, Using the Prevention Framework (SPF) to identify Risk and Protective Factors, Evidence Based Prevention Strategies, Being and Ally, Inclusive Practices & Brave Spaces and Resources. RSVP: thehub.org/events

Inner Canvas: Recentering Yourself Through Art 1:15-2:15pm

Noah Webster Library RSVP by May 13 adrienne.billingssmith@westhartfordct.gov

Friday, May 17

Free Wellness Screenings West Hartford Town Hall Every Friday

50 South Main Street

Room 417 10:30-12pm

Weekly Movie Showings- Every Friday at 1:00pm we will alternate showing movies at the Bishops Corner Branch and the Elmwood Branch of the West Hartford Senior Centers. Contact Bishops Corner (860-561-7583) or Elmwood (860-561-8180) for movie schedule.

The Bridge Teen Night at the Teen Center 7-10pm

Elmwood Community Center 1106 New Britain Avenue West Hartford CT. Basketball, Video Games, Ping Pong, Billiards, Teen Leadership and more

Saturday, May 18

NAMI CT Walk 9am-12pm

Location – Bushnell Park, 99 Trinity Street Hartford CT 06103

Sunday, May 19

Couples Massage

Bring your partner and spend time together learning some effective massage techniques, Connect with your loved one and help them relax, too!

Instructors: Julie Olson, LMT and Barry Wixsom, LMT

Sun May 19, 1-3pm

Cost: \$40/couple

Register: www.mandelljcc.org/tix

Youth Mental Health First Aid 9:00am-4:00pm Mandell JCC

Learn to identify the signs of mental health challenges in the youth in your life and how to get them the help they need. To register, visit: bit.ly/3rNFTvP or call Anna MacDonald at 860-761-7099. For more information go to www.mentalhealthfirstaid.org

Monday, May 20

Weekly Walkers- Mondays 10:30am-Join our Walking Crew for a breath of fresh air, as we get out and walk together. We will be meeting weekly at different locations around town for a 1 mile or 2 mile loop to get ourselves moving! Bring a friend or make a new friend - Walk at your own pace - Suitable for Beginners - Paved paths or sidewalks. Weekly emails will announce Time, Date & Location. For information or to join our email list please contact Lisa Hanse at 860-561-8180 or email Lisa.hanse@westhartfordct.gov

Tuesday, May 21

Mindfulness for Stress Reduction

Learn a different successful approach to dealing with stress, chronic pain, illness, and difficult life challenges. This 6-week class combines a variety of meditation techniques with gentle, mindful stretching and movement.

Instructor – Jeryl Brown, LCSW

Tue April 30 –June 4 6:30 -8:30pm

\$295/\$260 JCC member

Register: www.mandelljcc.org/tix

Pulmonary Fibrosis Support Group

Join Mal on the 3rd Tuesday of every month, 1:00-3:00pm at the Elmwood Senior Center or on Zoom. Group is open to all (including caregivers) and is facilitated by Mal Doyle, 860-805-0504, or nervymal@gmail.com. Please contact Mal for ZOOM invitation.

Real Talk – Real Support

Meets 3rd Tuesday of each month, 2:00-3:00pm at Bishops Corner Senior Center. Facilitated by Rachael Pachter, MSW, LMSW. To register call (860) 920-1847. This support group specifically for individuals who are caring for an older adult with dementia and/or other cognitive mental health needs. "Real Talk, Real Support" is a free, monthly program led by social workers who specialize in working with older adults who have behavioral health issues ranging from behaviors as a result of dementia, depression, and anxiety as well as bipolar and schizophrenia.

Wednesday, May 22

Guided Meditation

Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace. JCC

Wednesdays 11:30am

Free and open to all

Register at https://us02web.zoom.us/meeting/register/tZcuc-ytrD0sEtR_ZnOMQ5hFmF4oTX2xcWje

Parkie Pong Wednesdays 1:00-3:00pm at Elmwood senior center register by calling: 860-561-8180 or Email:whsc@westhartfordct.GOV. Join us and take control of your Parkinson's journey. This program is open to all PWP and their support partner. The medical community credits Ping Pong with helping cognition, balance, rhythm, pace of play, social skills, mood and hey, it's fun!

Downsizing: Step by Step with Frank Booth at Bishops Corner Senior Center

12:00-1:30pm

Fee: FREE. Learn more about the process of deciding to sell your home, comparing expenses, listing and selling your home, buying and moving to your new home and how to work with your realtor. Meal: Assorted Wraps, Chips and Cookies Co-sponsor: Berkshire Hathaway Home Services. Seating is limited. Please register by calling 860-561-7583 or emailing WHSC@westhartfordct.gov.

Hall High Spring Concert at Elmwood Senior Center 2:00-3:00 pm

Fee: FREE. The talented student-musicians from Hall High School will take you on a trip down memory lane with this delightful, spring program. Enjoy swinging bigband jazz classic songs mixed with some patriotic tunes. Please register by calling 860-561-8180 or emailing WHSC@westhartfordct.gov.

Chair Yoga (In-Person at Bishops Corner Senior Center)

Chair Yoga is a yoga practice modified so that postures and movements can be done seated in a chair. Many of the basic body positions of the chair yoga poses are similar, but without having to get down or back up from the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends and mild backbends. Class includes some standing and balancing postures done using the chair for support. In addition to a good stretch, chair yoga participants may also enjoy other health benefits, including improved muscle tone, better breathing habits, stress reduction, better sleep and a sense of well-being. Instructor: Jill Hebert. Wed 1:00-1:45pm 5/15-6/26 5 Sessions \$35M/\$45R/\$50NR

Thursday, May 23

Avon Afro-Dance Fitness (In-Person at Elmwood Senior Center)

Experience this truly unique form of exercise. You will learn basic African Dance moves to the beat of African Rhythms. Jolie Cayer has designed this class especially for older adults!

Try something new while having FUN with us! Instructor: Jolie Cayer.
391924B Thu 10:45-11:30A 5/23-6/13 4 Sessions \$24M/\$34R/\$39NR

Silver Barre (In-Person at Elmwood Senior Center)

Do you have a tutu tucked away in the back of your closet? Is a viewing of The Nutcracker always a part of your holiday season? Or would you just like to stand a little taller and walk through life with a little more grace and elegance? Well then, step up to The Silver Barre! This basic ballet class is focused on barre work to lengthen and strengthen the spine, increase leg and hip strength and develop foot articulation. No tutu required! But you will need soft ballet slippers or other form-fitting soft soled dance shoes. The Capezio canvas "Juliet" slipper is recommended. Instructor: Susan Fay.
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We will then do some balance work and breath-ing exercises. Most of the class will be spent learning various Tai Chi forms using easy to learn step-by-step instructions. By the end of the session, you will be able to do the forms on your own at home or anywhere you want to practice your new skills. Instructor: Marivic Maury.
391911B Thu 9:00-9:45A 5/16-6/13 5 Sessions \$30M/\$40R/\$45N May 16

How to Keep your Brain Sharp – Because Gray Matters

According to the World Health Organization, one third of dementia cases are attributable to modifiable risk factors. Come learn what you need to do to keep your brain sharp and resilient through the years. Based on our evidence-based program, Brainsavers, we will engage you in cognitive activities and discuss nutrition, stress management and sleep habits, too.

Instructors: Sharon O'Brien and Stacey Safryn

Thu May 16 5:30 – 7pm

Free

Register: www.mandelljcc.org/tix

Friday, May 24

Free Wellness Screenings West Hartford Town Hall Every Friday

50 South Main Street

Room 417 10:30-12pm

Weekly Movie Showings- Every Friday at 1:00pm we will alternate showing movies at the Bishops Corner Branch and the Elmwood Branch of the West Hartford Senior Centers. Contact Bishops Corner (860-561-7583) or Elmwood (860-561-8180) for movie schedule.

Disco Dance at Elmwood Senior Center 1-3:00pm

Fee: \$5M/\$8NM. Dance to DJ Troubadours! Light refreshments and psychedelic punch will be served. Dress to impress! Registration is required; please call 860-561-8180 or register online at <https://westhartford.recdesk.com/Community/Home> **Program #:**
301016

Saturday, May 25 and Sunday, May 26

Visit one of our beautiful parks!

West Hartford has five major neighborhood parks conveniently located throughout the town. The parks have playground apparatus picnic tables, pools, tennis courts, basketball courts, athletic fields and restrooms. You may bring your own charcoal grill but please clean up carefully afterwards. For more information on the parks and addresses click here [Parks - Town of West Hartford \(westhartfordct.gov\)](http://Parks - Town of West Hartford (westhartfordct.gov))

Monday, May 27

West Hartford Memorial Day Parade 10am West Hartford Center

Tuesday, May 28

Mindfulness for Stress Reduction

Learn a different successful approach to dealing with stress, chronic pain, illness, and difficult life challenges. This 6-week class combines a variety of meditation techniques with gentle, mindful stretching and movement.

Instructor – Jeryl Brown, LCSW
Tue April 30 – June 4 6:30 -8:30pm \$295/\$260 JCC member
Register: www.mandelljcc.org/tix

**Fresh Start Breakfast: Are You Strong Enough? at Bishops Corner Senior Center
10-11:30 am**

Fee: FREE. Learn more about the Benefits of physical activity with chronic health conditions that can be managed with exercise for older adults. Making small changes now can have a big impact tomorrow
Event is free but registration is required by calling 860-561-7583 or emailing WHSC@westhartfordct.gov.

Wednesday, May 29

Guided Meditation

Join us virtually any Wednesday and experience Deepak Chopra meditations meant to reduce tension, manage stress, and help you feel more at peace. JCC

Wednesdays 11:30am

Free and open to all

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Spring Sound Bath Healing at Bishops Corner Senior Center 2:30-3:30pm

Fee: \$7M/\$10NM. Warm up to good health, sit back, relax and let the stress melt away! Tibetan healing bowls will be used to create a space that will clear your mind and soul of stress! Try something new or return to what you know really works! All are welcome! No experience is required or needed! Provided by Brian Hickey, Certified Reiki and Tibetan Bowl Practitioner. Please register by calling 860-561-7583 or online at <https://westhartford.recdesk.com/Community/Home>

Chair Yoga (In-Person at Bishops Corner Senior Center)

Chair Yoga is a yoga practice modified so that postures and movements can be done seated in a chair. Many of the basic body positions of the chair yoga poses are similar, but without having to get down or back up from the floor. While seated on chairs, students can do versions of twists, hip stretches, forward bends and mild backbends. Class includes some standing and balancing postures done using the chair for support. In addition to a good stretch, chair yoga participants may also enjoy other health benefits, including improved muscle tone, better breathing habits, stress reduction, better sleep and a sense of well-being. Instructor: Jill Hebert.

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391924B Thu 10:45-11:30A 5/23-6/13 4 Sessions \$24M/\$34R/\$39NR

Silver Barre (In-Person at Elmwood Senior Center)

Do you have a tutu tucked away in the back of your closet? Is a viewing of The Nutcracker always a part of your holiday season? Or would you just like to stand a little taller and walk through life with a little more grace and elegance? Well then, step up to The Silver Barre! This basic ballet class is focused on barre work to lengthen and strengthen the spine, increase leg and hip strength and develop foot articulation. No tutu required! But you will need soft ballet slippers or other form-fitting soft soled dance shoes. The Capezio canvas "Juliet" slipper is recommended. Instructor: Susan Fay.

391915B Thu 2:00-2:45P 5/16-6/13 5 Sessions \$40M/\$50R/\$55NR

Tai Chi - Beginner (In-Person at Elmwood Senior Center)

If you have little or no experience but have been wanting to learn Tai Chi or, you have tried it but found it difficult, this could be the class to finally get you started. Tai Chi is known for its gentle movements and ability to improve balance, flexibility, and breathing. Classes will always begin with a simple warm-up to loosen up the joints and muscles. We will then do some balance work and breathing exercises. Most of the class will be spent learning various Tai Chi forms using easy to learn step-by-step instructions. By the end of the session, you will be able to do the forms on your own at home or anywhere you want to practice your new skills. Instructor: Marivic Maury.

Thu 9:00-9:45A 5/16-6/13 5 Sessions \$30M/\$40R/\$45N May 16

Friday, May 31

Free Wellness Screenings West Hartford Town Hall Every Friday

50 South Main Street

Room 417 10:30-12pm

Weekly Movie Showings- Every Friday at 1:00pm we will alternate showing movies at the Bishops Corner Branch and the Elmwood Branch of the West Hartford Senior Centers. Contact Bishops Corner (860-561-7583) or Elmwood (860-561-8180) for movie schedule.