



Thrive 55: Fitness for Those 55 Years and Older!

This age-appropriate fitness class targeting active adults ages fifty-five and older will expand beyond the basic scope of physical exercise to include the burgeoning field of brain fitness. Fun memory games are included in the session and the music selected for the class will highlight songs from back in the day. Chairs are used for various exercises, although it is not entirely a seated class. However, those who prefer a seated workout will have that option. **Please note:** A limited number of 2 and 3 lb. weights will be on site, but participants who prefer heavier weights should bring their own. There is limited space, so please register early to secure a spot!

Instructor: Annie Niland

Mon & Thurs 10 am: July 7, 10, 14, 17, 21, 24, 28, 31

\$80 For 8 sessions Drop-in fee: \$20

Learn to Play Mah Jongg!

Join our beginner Mah Jongg class, where learning the game will be easy, fast, and effective! In this course, participants will be introduced to the fundamentals of Mah Jongg, including tile recognition, basic rules, and essential strategies. You will be guided through each step, ensuring a supportive and enjoyable atmosphere. By the end of the first class, you will have the confidence to play and enjoy this timeless game with friends and family. Come and discover the fun of Mah Jongg in a welcoming environment! *Instructor: Silvana Morici*

Wednesdays 11 am: July 9, 16, 23, 30

\$40 for 4 sessions Drop-in fee \$20

How to Use the Zoom Platform Effectively

This short course provides a practical guide to using Zoom, the leading video conferencing platform. Whether you are attending virtual meetings, hosting webinars, collaborating remotely, or just video chatting with friends and family, you'll learn how to navigate Zoom's interface, and apply best practices for online communication. Ideal for beginners who are seeking to enhance their virtual presence, this course ensures you will be confident and effective in any Zoom environment. **Please note:** Attendees need to bring their own devices. *Instructor: Sabrina Cali Cafuoco*

Tuesdays 10 am: July 15 & 29

\$30 for 2 sessions Drop-in fee: \$20

Learn to Play the New Game Colornundrum!

Learn the game and be part of the research and development for the new board game, Colornundrum! This trending and exhilarating game promises players the opportunity to enhance cognitive function, foster strategic thinking like in chess, increase pattern recognition, and even refresh knowledge of color theory. Participants will learn the mechanics of the game in a supported environment that encourages social connections and healthy competition. Those who attend will receive a **complimentary game!**

Instructor: Mark Miller

Thursday July 10 @ 11:30 am

\$25 (instruction and game included)



Sabrina Cali Cafuoco is a Woodhull School graduate, Master Certified Yoga and Meditation Instructor trained in India, Spiritual Mentor, Plant-Based Chef and Digital Creator. She specializes in Hatha, Vinyasa, Breathwork, *Kriya* Yoga, Himalayan Kundalini, and Restorative Yoga.



Silvana Morici is a passionate Mah Jongg instructor with over 20 years of experience in teaching this much-loved game. Known for her engaging and approachable style, Silvana has a unique ability to simplify complex concepts, making learning Mah Jongg not only fast and easy, but also incredibly fun.



Annie Niland is an educator, career fitness pro, motivational speaker columnist, and content creator. Her background also includes presenting at national and international fitness and wellness conventions, as well as directing group fitness programs in several NYC and Long Island gyms.



Mark Miller invented the much-loved game of Trangleball in 1992. Since that time, the game has become a beach staple. He has taught his sport to countless adults and children. Mark is now introducing his new board game Colornundrum and offering Fire Island residents an early introduction to this compelling game.

Registration Form:

Name: _____

Phone: _____

Email: _____

I am enrolling in the following classes:

- Thrive 55 _____ \$80.
- Learn to play Mah Jongg _____ \$40.
- How to use Zoom _____ \$35.
- Learn to Play Colornumdrum _____ \$25.

Please fill out the registration form and bring a check, money order, or cash to the school prior to sessions.

To mail your registration and fee:
Fire Island School, P.O. Box 428
Ocean Beach, NY 11770

Please note: The Fire Island School does not accept electronic payments. For those who live locally, cash payments are accepted at the Woodhull School cash window during normal school hours.

Efforts will be made to reschedule sessions that are canceled due to inclement weather or illness. However, sessions not attended by enrollee's choice cannot be rescheduled or credited.

Participation in all sessions is with the understanding that attendees agree to hold FIUFSD, its contractors and agents harmless. Participants must be 18 years or older. For more information: aniland@fi.k12.ny.us

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