



## Friendship Circle Senior Center—Center for Life Long Learning January—March 2012 Highlights



- Yoga**— Improve posture, increase flexibility, energy, balance and coordination  
Fridays, starting January 27, 9:30 a.m. \$3/class
- Zumba**—A fitness program that fuses Latin dances with aerobic exercise  
Mondays and Wednesdays, 9:30 a.m. (\$3/class)
- Cardio Dance**—Strength and Cardio moves with pop music tunes  
Thursdays, 9:00 a.m. (\$3/class)
- Help Yourself to Health Workshop**—Learn techniques to better manage chronic conditions  
Mondays, February 6, 13 & 27 & March 5, 12 & 19, 1 p.m. FREE
- Watercolor Classes**—Basic concepts of watercolor and individualized instruction.  
Mondays, January 30-April 16, 10 a.m. \$5/class
- Pencil Drawing/Adventures of color**—Line drawing, form, composition and proportion; explore various color systems and experiment with colors  
Wednesday starting March 7, 1 p.m. \$5/class
- Wire Art Class**—Make beautiful pieces of jewelry using wire and polished stones  
Wednesdays, April 4&11, 1 p.m. \$8
- Unlocking Memories**—Write your autobiography in just 15 minutes a day.  
Mondays, 10:30 a.m..
- Italian**—A basic class that will include travel vocabulary and grammar  
Mondays, January 30— April 2, 12 noon, \$25 for first 5 classes; \$45 for all 10 classes
- Opera**—Listen and watch highlights from several popular operas  
Mondays, Beginning January 30, 1PM, \$5/class
- Drum Majors for Freedom**— Learn about individuals who have challenged racial bias  
Thursdays. February 9th, 16th, and 23rd; 1 p.m.
- Genealogy**—Discover your roots using the Delco Library System research websites  
Tuesdays, March 20 & 27, 1 p.m. FREE
- E-books at Delaware County Library System**—learn how to really use your e-reader to your advantage—especially if you received one of the newer versions as a holiday present.  
Tuesday, February 7, 1 p.m., FREE
- Master Garden Program**—Plan and design a vegetable garden, raise plants from seed and learn how to nurture them to as they grow  
Wednesday, February 22 & 29, 1 p.m. FREE
- Friendship Gardening Team**—Become a volunteer in our award winning garden. Help plan, plant, maintain and harvest our vegetables. With our other devoted volunteer gardeners.  
First meeting, Wednesday, January 11, 9 a.m.
- Computer Classes**— Over 12 classes :Blogging, Email tips and tricks, Excel, Word and more.  
Tuesdays and Thursdays, 2 p.m.—see separate handout for dates and costs
- Hearing Loss Support Group**—Are you hard of hearing, wear a hearing aid or cochlear implant or know someone who does—or should. The Hearing Loss Association—Delaware County Chapter invite you to come to a meeting and learn more about hearing loss.  
Saturdays, Feb. 4 (snow date 2/11); Mar. 3 (snow date 3/10), Apr. 14 , May 5, 2 p.m.

To register or for more information, call 610-237-6222 or visit us at the Center located on the campus of Fitzgerald Mercy Hospital in St. Bernard's Hall.