

Fitness Classes

AEROBICS -

This class is tailored for all levels. This workout alternates standing, low impact choreographs with standing & strength exercise and it will elevate your heart rate. This eight week sessions will be starting the first week in March. Alison Hillman will continue teaching the Wednesday classes and Elaine's video will be used on Friday's until she returns.

Instructor: Elaine Corsetti

Wed. at 9:15a.m. in the multi-purpose room

Cost \$40 for Non Westford residents

Fri. at 8:30a.m. in the card room

More to come...

BONE BUILDERS -

These classes are made possible by CTI which is taught by their trained and dedicated instructors. This is an osteoporosis prevention and reversal program. Application must be filled out to participate and can be picked up at the front desk.

Mon. & Wed. at 9:30 a.m. in the card room

Tues. & Thurs. at 1p.m. in the card room

CHAIR MOVEMENT -

This class uses a chair and helps build endurance & strength of the heart and muscles. Concludes with stretching. This eight week session will be starting the first week in March.

Tues. at 10:15 a.m. in the multi-purpose room with Carol Wing

Cost \$40 for Non-Westford residents

Thurs. at 10a.m. in the multi-purpose room with Jo Crawford

Cost \$40 for Non-Westford residents

CIRCUIT TRAINING -

This class offers body conditioning and endurance training using various intensities. An exercise "circuit" is one completion of all prescribed exercises in the program. This eight week session will be starting again in April.

Instructor: Allison Hillman.

Tues. at 4:30 p.m. in the fitness room

Cost \$40 for Westford residents

Cost \$50 for Non-Westford residents

Thurs. at 3:30 p.m. in the fitness room

Cost: \$40 for Westford residents

Cost: \$50 for Non-Westford residents

FITNESS CAMP -

This class is to provide a whole body work-out that builds strength & endurance. The next twelve week session for this class will be starting on May 1st.

Instructor: Kim Vespucci

Wed. at 1:30 p.m. in the multi-purpose room

Cost:\$60 for Non-Westford residents

GOLF-

Sign up at 978-692-5523 Cost \$25 per session

Tuesdays at 8 a.m. at Quail Ridge 354 Great Rd, Acton, MA 01720

PICKLE BALL—Weather Permitted on the Field at the Cameron

If you are a well seasoned pickle ball player and wish to be added to the email list please contact krussell@westfordma.gov. To sign out the equipment on the weekend you must be a Westford resident, be on the email list, and sign it out in the book at the front desk and returned Monday morning at 9am. All pickle ball players need to have a waiver signed in order to play. Any questions or concerns please contact Katie at 978-399-2330 or at krussell@westfordma.gov

PING PONG — Drop ins are welcome

Mon. at 1:45 p.m. in the Card Room

Tues. at 3:30 p.m. in the Card Room

Fri. at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'AI CHI -

This is a low-impact moving meditation. The class includes standing, balance and *alignment* This eight week session will be starting the first week in March.

Instructor: Leslie Thomas

Mon. at 1p.m. in the card room

Cost \$40 for Non- Westford Residents

YOGA —

This class helps you stay flexible & strong with out putting stress on your muscles. Great mind—body relaxation. This eight week session will be starting the first week in March.

Instructor: Jo Crawford.

Tues. at 9 a.m. in the card room

Cost \$40 for Non-Westford residents

Thurs. at 10 a.m. in the card room

Cost \$40 for Non-Westford residents

ZUMBA -

Awesome workout that involves dance and aerobic movement.

Preform to energetic music. This eight week session will be starting the first week of March. *Note: Zumba will take place at Millworks on Tuesday, March

12th. Millworks is located at 22 Town Farm Road, Westford MA 01886*

Instructor: Carol Wing.

Tues. at 8:15 a.m. in the multi-purpose room

Cost \$40 for Non-Westford residents

Thursdays at 9 a.m. in the multi-purpose room

Cost \$40 for Non-Westford residents

*** Room locations are subject to change ***

You can sign up for all of these classes by calling 978 692 5523.

Please remember there will be a \$5 cost per class for non-Westford residents.

TRIPS

WE ARE KICKING OFF SPRING WITH A TRIP TO FOXWOODS!

We will be traveling to Connecticut on Tuesday, April 2 and are inviting all those ages 50 and over to join us. Silver Fox Motor Coach will once again be driving us with departure from the Franco-American Club at 7:30 AM. Please park at the rear of the lot. The fee for this trip will be \$36 which includes driver gratuity and is due at sign-up. You will receive bonus and food coupons when you arrive at the casino. Please call 978-692-5523 to sign-up for this fun day at Foxwoods

COA VAN TRIP

Production at the cannon Theatre in Littleton
Saturday March 16th 1:30 pm RSVP by March 8th \$17 (Transportation Included) Based on a true story, *Cheaper by the Dozen* tells the story of the Gilbreth family.

Their inventor father, who is well-known for bringing better efficiency to factories, keeps his family of twelve children running just as efficiently. This play is told from the point of view of two of his children reflecting on the last few months before his death. He was preparing the family for his imminent departure, but most of his children were unaware of the fact. It is an extremely funny, heart-warming, and family-friendly tale.....a play not to be missed!!! Starring a Member of our Center: Matt Foster as Mr. Gilbreth **Sign up at 978-692-5523.**

RIVERCOURT RESIDENTS HOST LUNCH & TOUR

If you want to learn more about this assisted and independent living apartments and special memory unit. RSVP for Thursday, March 21st at 11am at 978-692-5523.

DAY BUS TRIPS

Listed below are some upcoming Bus Trips for this year. For more information please contact Katie at 978-399-2330 or krussell@westfordma.gov or pick up the flyers at the Cameron. To sign up for these trips call 978-692-5523.

Date	Trip
Tues. April 16	Plymouth, Massachusetts
Wed. April 24	Dancing Dream: ABBA Tribute
Thurs. May 16	Spirit of Boston Harbor Cruise
Tues. Jun. 26	Red Sox Game in Boston
Tues. Jul.16	Michael Minor and Foster's Clam Bake
Sat. Aug. 24	Jersey Boys at North Shore Music Theater
Thurs. Sept. 19	JFK in Hyannis
Tues. Oct. 22	Essex Valley Steam Train & Connecticut Riverboat

Save the date: April 17, 12:00

Volunteer Appreciation Lunch

Volunteer Opportunity

Would you like to call BINGO or help with the money? We have opportunities Monday at 1:00 and Thursday at 7:00! Please call Martha at 978-399-2324

