

MANSFIELD SENIOR & WELLNESS CENTER

303 Maple Road, Mansfield, CT 06268

MAY 2016 CLASSES AND EVENTS

Name: _____ Phone: _____

Address/Town/Zip: _____ E-mail: _____

Your Emergency Contact/Phone: _____

| Date | <input checked="" type="checkbox"/> | Class/Event/Trip | Details | Fee |
|--------------|-------------------------------------|---|-----------------|---------------------------|
| *Mon | | Senior Aerobics/ 9am-10am | 4 classes | Res- \$20 , Non-Res-\$24 |
| | | Quilting/ 10am-4pm | | Res- \$30 , Non-Res- \$35 |
| | | Quilting/ 10am-4pm | | Res- \$30 , Non-Res- \$35 |
| | | Sparkettes/ 10:15-11:45am | 4 classes | Res- \$30 , Non-Res- \$36 |
| | | Yoga/ 1:30pm-2:30pm | 4 classes | Res- \$20, Non-Res- \$24 |
| | | *Monday, May 30th is holiday—NO CLASS | | |
| Tues | | Strength & Stability/ 9am-10am | 5 classes | Res -\$25 , Non-Res- \$30 |
| | | Power of Aging/ 11am-12pm | 5 classes | Res -\$25 , Non-Res- \$30 |
| NEW | | Tai Chi/ 4:30pm-5:30pm | Starts May 10th | Res-\$28, Non-Res- \$32 |
| Wed | | Yoga/ 11am-12pm | 4 classes | Res- \$20 , Non-Res- \$24 |
| | | Fundamental Tap/ 1pm-2pm | 4 classes | Res- \$20 , Non-Res-\$24 |
| Thur | | Strength & Stability/ 9am-10am | 4 classes | Res- \$20, Non-Res-\$24 |
| | | Power of Aging/ 12pm-1pm | 4 classes | Res- \$20, Non-Res-\$24 |
| | | Senior Aerobics/ 3:15-4:15pm | 4 classes | Res- \$20, Non-Res-\$24 |
| Fri | | Chair Yoga/ 9:30-10:30 | 4 classes | Res-\$20, Non-Res- \$24 |
| | | SPECIAL PROGRAMS | | |
| | | <i>Painting Wooden Birdhouses</i> | May 24th at 1pm | \$5.00 includes supplies |
| | | <i>Award Winning Chili lunch</i> | May 13 at noon | \$5.00 |
| Trips | | Lunch Bunch- Azteca, Manchester | Thurs, May 5 | 11:00am-2:30pm |
| \$11.50 | | Air Museum & Cracker Barrel | Tues, May 10 | 10:30am-3:30pm |
| \$35.00 | | Ivoryton Playhouse | Wed, May 11 | 10:30am-5:00pm |
| | | Brahmin Outlet Tent Sale, Ma. | Fri, May 13 | 10:30am-4:30pm |
| | | Lunch Bunch-Red Lobster | Tues, May 17 | 11:00am-2:00pm |
| \$12.00 | | Museum of American Art | Thurs, May 26 | 9:30am-3:30pm |
| \$35.00 | | Rogers & Hammerstein | Fri, May 20 | 4:00pm-10:00pm |
| \$13.00 | | Roger Williams Zoo | Wed, May 25 | 9:30am-4:00pm |
| | | UConn Dairy Bar | Fri, May 27 | 12:30pm-2:00pm |

WAIVER OF PARTICIPANT BY SELF: I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

PHOTO RELEASE: I understand that for promotional purposes, the Town videotapes and/or takes photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging in the above listed recreational activities.

Signature _____ Date: _____