

# OVER 21★ COMMUNITY CLASSES

Name (First, Last)		
Mailing Address:		
Phone: (      )		
Course Choice:	Fee:	
<b>Register &amp; Pay</b>	Payment for all classes may be made to the instructor at the time of the class	
<b>Pre-registration due by April 5<sup>th</sup> for the following classes</b>	<ul style="list-style-type: none"> <li>• Basketry</li> <li>• Scrapbooking</li> <li>• Happy Hour Painting</li> </ul>	
<b>by Phone</b>	Call (607) 965-8377, ext. 126 Leave message return phone #	
<b>by Email</b>	<a href="mailto:pschaeffer@pathfindervillage.org">pschaeffer@pathfindervillage.org</a>	
<b>Walk-In Mon – Fri</b>	Register in person by visiting the Pathfinder Finance Office, Village Commons (Bakery) Building, just off NYS Rte. 80 (look for Pathfinder road sign).	
<b>For More Information</b>	Paula Schaeffer Director of Enrichment (607) 965-8377 ext. 126 <a href="mailto:pschaeffer@pathfindervillage.org">pschaeffer@pathfindervillage.org</a>	

# OVER 21★ COMMUNITY CLASSES

...is a series of classes open to the entire community and held at Pathfinder Village.

Spring 2017 offerings will begin in March and continue through May.

Join your friends, neighbors and members of the Pathfinder community learning new skills and enjoying creative fitness activities. This session we feature two new classes, Scrapbooking and POUND<sup>®</sup> cardio fitness as well as the popular Happy Hour Painting and more.

**Pre-registration is advised, and is required for the Happy Hour Painting, Basketry and Scrapbooking classes.**

# OVER 21★ COMMUNITY CLASSES

**Join us for fitness, friendship & fun in these creative community classes!**



**GET FIT!**



**CREATE!**

Pathfinder Village, NYS Route 80, Edmeston, NY  
[www.pathfindervillage.org](http://www.pathfindervillage.org)



**Basketry**  
**Thursdays**  
**April 13 & 20**  
**6-8 p.m.**

The ever useful

Market Basket is a great project for the beginner weaver. Materials used are natural and dyed rattan with a solid oak handle. **Fee \$50**, includes both classes and all materials

**Location: PV Art Room**  
 Instructor: Martha Bremer  
**Pre-registration is required**  
**Minimum: 8 participants**

**Zumba**  
**Every Wednesday**  
**7 p.m.**

Licensed ZUMBA instructor, Zoe Curtis, offers these popular classes which combine Latin dance moves and fitness exercises to provide a creative and fun evening of dance. **Fee \$5 per class / Location: PV Gym**



**Happy Hour Painting**

**Tuesday April 4 | 5-8 p.m. & Saturday, May 6 | 1-4 p.m.**

Bring your own beverage & snack, and leave with a unique painted landscape. Taught by Pathfinder's Art Specialist, Diane McNeil. **Fee \$30**, includes all materials.

**Location: PV Art Room**  
**Pre-registration required**



**Kripalu Yoga**  
**Wednesdays**  
**April 12 – May 24**  
**6-7 p.m.**

Certified instructor, Tracey Lippitt will teach students a series of gentle stretches that can be done at home every day to unwind and relax. All students should wear loose clothing and bring a yoga mat or large towel. **Fee \$10/class**, payable to instructor at time of class. **Location: PV Meeting House**



**Scrapbooking**  
**Mondays**  
**April 3 – May 22**  
**6-8 p.m.**

Learn basic scrapbooking techniques. Instructor: Tammy Fallon **Fee \$15**, includes starter supplies and use of tools.

**Location: PV Art Room**  
**Pre-registration required**

**POUND®**  
**Thursdays,**  
**March 9 – May 25**  
**4:15-5:30 p.m.**



Licensed POUND® instructor, Michelle Schmitt leads this cardio jam session inspired by the infectious and energizing fun of playing the drums. **Fee \$7 per class (first class free)** All abilities, no experience needed. **Location: PV Gym** - Wear comfortable clothes and bring a yoga mat.