



## **NEW! The Family of the Traitor King** (Adult)

This seminar will cover the English Civil War and the Stuart royal family. King Charles I is the only king of England, executed by his own people. The eleven years following his death, is the only period in English history when there was no monarchy, a Lord Protector ruled the country. Learn about the six surviving children of King Charles I and how their lives were affected by the civil war and the death of their father. All were forced into exile, other than those that were political prisoners in England. Their experiences are unique in English history.

**Instructor:** *Janet Avery*, a native of CT, has been fascinated by British history-particularly the monarchy-since her first road trip to England at the age of 15. Janet, who holds a BA in History from UConn, is a Richardian (i.e. a member off the Richard III Society).

**Location:** Arts and Crafts Room

**Date:** Wed., Oct. 26

**Time:** 6-7:30 p.m.

**Fees:** \$17 for residents, \$27 for non-residents

**Activity #:** 210030-A

## **NEW! How Do we Know Life Evolves?** (Adult)

You have undoubtedly heard that living creatures evolve, but how do we know that they do? No one can observe plants and animals evolving, so what evidence do we have that they do? This presentation will take a historical path to describe how those who study life came to realize that the best explanation for the relationships that they observed between living creatures was that they all evolved from other creatures. Fossilized creatures were found to represent stages in those evolutionary processes. The presentation will focus on Charles Darwin's work, but discoveries since his time that support his theories will also be described.

**Instructor:** *Kenneth Noll*, a microbiologist and Professor Emeritus at the University of Connecticut. He has been portraying Charles Darwin since 2016 at schools, public presentations, scientific events, and museums across Connecticut. He depicts Mr. Darwin as a relatable man in presentations about his personal life, family, scientific activities, and his times.

**Location:** CC Community Room

**Date:** Sat., Nov. 12

**Time:** 10-11 a.m.

**Fees:** \$11 for residents, \$21 for non-residents

**Activity #:** 210033-A



## **Core Stability Essentials and Exercises**

Let's dive into the details of training your core and learn core stabilization exercises.

**Instructor:** Mandy Ivory

**Location:** Exercise Studio

**Date:** Mon., Sept.12

**Time:** 12-1 p.m.

**Fee:** FREE to members, \$10 for non-members

**Activity #:** 270091-A

## **Concepts of Fat loss after 50** 😊

Are you over 50 and struggling to have the body composition you want? Come learn how your body's physiology can make things more challenging as you get older. This talk will focus on the importance of strength training as well as other hints and tips to help you be the best you that you can be!

**Instructor:** Jerry Kleinman

**Location:** Arts and Crafts

**Date:** Tues., Oct. 18

**Time:** 5-6 p.m.

**Fee:** FREE to members, \$10 for non-members

**Activity #:** 270091-B

## **Making the Most of Your Fitness Journey**

You come to the center for your class, not realizing it is a skip date, now what do you do? Come to this informative talk and tour to find out how you can use the Mansfield Community Center's resources to help you reach your fitness goals.

**Instructor:** Jessica Tracy

**Location:** Community Room to begin

**Date:** Tues., Nov 8

**Time:** 10-11 a.m.

**Fee:** FREE to members, \$10 for non-members

**Activity #:** 270091-C

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### Saturday Social Group (Ages 15+)

The social activity program is designed for those ages 15+ with developmental/cognitive disabilities. The program will typically meet select Saturday afternoons at the Mansfield Community Center. Participants will enjoy a variety of activities while meeting new friends! Pre-registration is strongly encouraged. There is a \$6 per day participation fee for residents and \$7 per day participation fee for non-residents. Feel free to bring a lunch or snack. First time participants are required to be accompanied by a parent or guardian. For more information, please contact Sarah Kaplan at [KaplanS@mansfieldct.org](mailto:KaplanS@mansfieldct.org).

\*Also see Ability Fitness for Thursday fitness opportunity! Pg. 33

**Instructor:** Sarah Kaplan  
**Location:** CC Arts & Crafts Room  
**Dates & Times:** Sat., Oct. 15, 1-3 p.m. (Activity #: 210063-A)  
Sat., Nov. 12, 1-3 p.m. (Activity #: 210063-B)  
Sat., Dec. 17, 1-3 p.m. (Activity #: 210063-C)  
**Fees:** \$6 for residents, \$7 for non-residents

### NEW! Yard Games Group (All Ages Welcome)

Do you love yard games such as corn hole, kan-jam, and more? If so, come join us on Sundays mornings for some FREE fun. This program is open to all who enjoy play fun yard games. It will be a relaxed environment where people can just have fun and engage with each other. It will be a great way for people to make new relationships and hopefully discover a new past time.

**Location:** Outside at MCC  
**Dates:** Sun., Sept. 11-Oct. 30  
**Times:** 12-1:30 p.m.  
**Fees:** Free



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