

# Adult Programs

## Saturday Social Group

This social activity program is designed for those ages 15+ with developmental/cognitive disabilities. The program will typically meet select Saturdays from 1-3pm at the Mansfield Community Center. Participants will enjoy a variety of activities while meeting new friends! Pre-registration is encouraged but not required. There is a \$5 per night participation fee. Feel free to bring a snack. First time participants are required to be accompanied by a parent or guardian. For more information, please contact [richardsona@mansfieldct.org](mailto:richardsona@mansfieldct.org).

## DIY 4<sup>th</sup> of July Floral Wreaths



Come create a beautiful piece to display on your front door! Artificial flowers, ribbons, patriotic embellishments, and a grapevine wreath base will be provided. Participants are welcome to bring additional materials!

**Instructor:** N. Yilmaz

**Location:** Outside Mansfield Community Center- Rain Location  
CC Arts & Crafts Room

**Dates:** Sun., June 27

**Time:** 12-1:30 p.m.

**Fees:** \$5 for residents, \$15 for non-residents

**Materials Fee:** \$25 due at registration. Fee waivers do not apply to materials fees.

**Activity #:** 110001-A

## Morning Tea with Mr. Darwin: Observing Nature



Charles Darwin said he was born a naturalist. As a child, he collected nearly everything he could get his hands on. Shells, plants, and minerals as well as coins, seals and franks. His fascination with nature continued into his school years where he learned to keep meticulous notes about his collections and make detailed

observations of his specimens. He also learned the importance of looking for patterns in nature and drawing conclusions from his observations. Though he was an "unfinished naturalist" when he boarded the Beagle, he landed in England five years later a seasoned naturalist. He continued to develop his skills and published studies about barnacles, orchids, earthworms, plant tendrils, coral reefs and the transmission of seeds. We'll explore Darwin's fascination with nature and how the skills of keen observation are important for the advancement of our knowledge of nature.

**Instructor:** Mr. Darwin will be portrayed by Professor Kenneth Noll. Prof. Noll is a professor of Microbiology at the University of Connecticut and has been portraying Darwin for over 4 years. Dr. Noll's research is in evolution of microorganisms and microbes that live in very hot environments.

**Location:** Lenard Hall Recital Room

**Date:** Sat., Aug. 7

**Time:** 10:45 a.m.-12 p.m.

**Activity #:** 110031-A



## Country Line Dance Fun

Learning to line dance is a fun way to dance without needing a partner! Learn the most popular country line dances from today and the past!

**Instructor:** Kelly Madenjian

**Location:** Lenard Hall Recital Hall

**Date:** Mon., July 19-Aug. 9 (4 classes)

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

**Fee:** \$44 for residents, \$54 for non-residents

**Activity #:** 110043-A

## Belly Dance (Ages 16-Adult)

Belly dancing, a mystical dance form emphasizing expressive movements, is a fun way to tone your body from head to toe! Participants will move through a warm-up series, classic belly-dance moves, and a cool-down period, engaging your mind and muscle as you learn isolation techniques of this dance. Tuesday's classes are for true beginners, come start with the basics and have fun! Thursday's classes are for those with experience, start putting the pieces together into routines. Socks or slipper-like dance shoes are required.

**Instructor:** Ann Kozikowski

**Location:** CC Fitness/Dance Studio

**Fee:** \$63 for residents, \$73 for non-residents

**All levels:** 5:30-6:30 p.m.

### BEGINNER

**Dates:** Tues., June 15-July 20 (6 classes)

**Activity #:** 110046-A

### ADVANCED

**Dates:** Thurs., June 17-July 22 (6 classes)

**Activity #:** 110046-B

## Adult/Teen Ballet Level I (Beg/Adv. Beg.) (Ages 14-Adult)

Ballet is a great way to develop flexibility, strength and body awareness. This class is designed to introduce new students to ballet and to allow students with some training to focus on improving balance and technique. The class will include ballet positions and movements. The level of difficulty will be adjusted to suit the experience of the students. All ability levels welcome!

**Instructor:** Arlene Albert, grew up in New Orleans and studied ballet for 15 years under Lelia Haller, the first American dancer appointed premiere danseuse of the Paris Opera Ballet. A lifelong lover of ballet, Arlene enjoys sharing her love through teaching, and has been teaching in Mansfield for over 15 years.

**Location:** CC Fitness/Dance Studio

**Dates:** Tues., June 22-Aug. 3 (7 classes)

**Time:** 6:45-7:45 p.m.

**Fee:** \$74 for residents, \$84 for non-residents

**Activity #:** 110040-A