



July 2018

CALENDAR

- July 2 **First Day Summer TAFFY**
- July 4 **CLOSED - Independence Day**
- July 5 **Italian Cooking Class**
- July 11 **Senior Dinner**
- July 9 & 23 **"Community Jam Session"**
- July 17 **Teen Night Out - Drive In**
- July 24 **Teen Night Out - Cookout**
- July 26 **Teen Night Out - Pioneers Baseball**
- July 28 **Kids w/Cancer Run & Fun Day (BF Legion)**
- July 31 **Teen Night Out - Harris Hill**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



~Calling all Musicians ~
Looking to Share your talents and learn new music and most of all have FUN?
Community Jam Session
2nd & 4th Monday / month 6-9pm
Big Flats Community Center
Open to all musicians of all talent/skill



Senior Monthly Dinner

July 11, 2018 6:00 pm
Bring a dish to pass & Your Place Setting
First Wednesday of the month
**(except January & Feb.)*
~ All are Welcome ~



Italian Cooking Class

with MaryAnne Holleran
Thursday, July 5, 2018
6:30-8:30 pm
Cost \$25 / person
MENU:
Pastini Salad with Fruit and Herbs
Sausage with Cream Polenta
Strawberry Cake with Honey Whipped Cream
Space is limited; call office to sign up
Next class: August 2, 2018



Mark your Calendar:



Red Cross Blood Drive
Tuesday, August 7th, 2018
Walk-ins Welcome 1-6 pm

Youth Programs:

Summer TAFFY

July 2 - August 3, 2018
(Registrations on-going)



Teen Night Out

- July 17 - Dinner & Elmira Drive -In
- July 24 - Teen Cookout
- July 26 - Elmira Pioneers Baseball Game
- July 31 - Harris Hill
- August 7 - Syracuse / Ropes Course & Outlets

** RSVP & Permission slip required

Volunteer Opportunities Available

- July 11 - Senior Dinner
- July 28 - Kids w/Cancer Run/Fun Day

Youth Dept. : 562-8443 ext 307



Summer Vacation

Teens looking for odd jobs?
Residents need
odd jobs / yard work done?

Y.E.S. (Youth Employment Service)

A year round service for youth ages 14-21 yrs looking for work and for individuals and businesses that have work to be done.

Call the Youth Department for details.
607-562-8443 ext 307



Big Flats Seniors ~ 2018 Bus Trips

May 22 ~ Eldred World War II Museum Lunch - Sprague's Maple Farm

July 17 ~ Marcy Downey Show Lunch - Tillman's Village Inn

August 21 ~ Merry-Go-Round Playhouse-Irving Berlin Musical
Dinner - Hathaway House

September 16 - 18 ~ 3 day, 2 night trip to: Mystic, CT, Boston, MA, Newport, RI

See the following: Mystic Seaport, JFK Library & Museum, Quincy Market, Boston City w/ portion of Freedom Trail, Breakers, Vanderbilt Mansion, & Bowne's Wharf

For more information contact :

Mary Lee Fairbrother (607)796-9720 or Donna Wren (607) 562-7418



~ Pregnant Pauses ~ Movement for Moms

Based on the Feldenkrais Method

As a woman moves through the different stages of pregnancy, Pregnant Pauses helps one to learn how to do everyday things more efficiently. Whether it's getting in and out of a car, rolling over or reaching for things, the small gentle movements will help alleviate the pain that comes during pregnancy.

Begins: July 9, 2018
Location: Big Flats Community Center
When: Wednesdays
Time: 5:30 pm - 6:30 pm
Fee: \$48 / 6 classes or \$10 drop in

Instructor: Joanie Collin
GCFP - 10 years experience
collinmbs@gmail.com (607) 215-2857
www.moving-better-smarter.com



T'ai Chi W/ Connie Antoniadis

Monday 11:30am - 12:30pm
Tuesday 11:30am - 12:30pm

\$42 / 6 classes or \$9 Drop in

Join Now for Summer Classes



Exercise

Dance with Tracy Wigley:

- ◆ Kids /Teens Bronze & Silver International Ballroom & Latin
Monday 4:30-5:30pm / Fee \$10 per class
- ◆ Beginners Latin
Monday 5:30-6:30pm / Fee \$15 per class
- ◆ Line Dance Intermediate
Monday 6:30-7:30 pm \$10/Class
- ◆ Social Dance for Weddings & Events
Monday 7:30-8:30 pm / Fee: \$15 per class
- ◆ Kids Team International Ballroom & Latin
Thursday 4:00-5:00pm / Fee \$10 per class
- ◆ Kids Team Newcomer Ballroom & Latin Dance
Thursday 5:00-6:00pm / Fee \$10 per class
- ◆ Line Dance for Beginners
Thursday 6:00-7:00 pm / Fee: \$10 per class
- ◆ Ballroom & Latin Dance
Thursday 7:15-8:30pm / Fee: \$15 per class

Senior Flexibility Exercise (using chairs for balance)

Mon/Wed/Fri 10:30-11:30 am ~ No Cost

Melt & Gentle Yoga with Michelle Kudva

- ◆ Gentle Yoga
Tuesday & Thursday 9:30 - 10:45a,
Friday 8:30 - 9:30am

Fee: \$100/10 classes; \$12 Drop-in

- ◆ Melt Roller Class

Now by appointment only
Fee: \$180 /10 classes; or \$20 per Class

Pregnant Pauses - Movement for Moms with Joan Collin

Wednesdays 5:30 - 6:30 pm
Fee: \$48/6 classes; \$10 Drop -in

T'ai Chi with Connie Antoniades

Mondays 12:30 pm - 1:30 pm
Tuesdays 11:30am - 12:30pm
Fee: \$42/6 classes; \$9 Drop-in



Zumba with Vicki Rossettie:

Wednesday 7:30-8:30 pm
Thursday 12:30-1:30 pm
Fee: \$42/6 classes; \$9 Drop-in

Creative Hands:

Portrait Workshop

* Class will resume September 5th

Wednesday 1-4 pm

\$10.00/Class

(Models Needed; paid \$10/hour)

Chair Caning

Tuesdays 9 - 11:30 am

BYO Project

Instruction available

"Senior Sewing"

Wednesday 9-Noon

BYO Project

Instruction available



"Knit 'n Knots"

Monday & Friday 9-Noon

BYO Project.

Instruction available

Eat Well, Live Well Lunch

Mon./Wed./Thurs.

Lunch 11:30 am

Suggested donation \$3

Sponsored by:

Office of Aging & Long Term Care

Please call 737-5520 one day in advance for reservations

Monthly Menus available in Lobby



Big Flats Community Center

476 Maple St. Big Flats, NY 14814

607-562-8443 x. 303

522-711

communitycenter@bigflatsny.gov

Office Hours 8am - 4pm

Website: www.bigflatsny.gov



'Like us' on Facebook at:

* Big Flats Community Center

* Big Flats Youth Department

* Town of Big Flats, NY



Games:



Monday: **BRIDGE**
Tuesday: *The Players* / Bridge
Wednesday: **EUCHRE**
Thursday: **MAHJONG** (1-3 pm)
Friday: **PINOCHLE**

12:30 - 4:00 pm

All are Welcome - Come and play!



The red rolling book cart has books for adults available to the community for free. Please feel free to take a book and/or donate a book back. Available in the outer lobby.



The **Bright Red Bookshelf** provides **FREE** books. Look for the **Bright Red Bookshelf** in the outer lobby and take a book or two for the children in your life. Book donations accepted in the office.