

Darien Senior Center Programs, March 21 to 30

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A singer, poetry, chair yoga, an exercise class to help your heart, a talk on certain common medical problems: Here's what's coming up at the Darien Senior Activities Center from March 21 to 30, 2017.

For more information, **contact Darien Senior Programs at 203-656-7490:**

New Cardio/Strengthen Class

Begins Tuesday March 21 at 10 a.m.

\$4.00

Linda (Thursday low impact aerobics instructor) will be introducing a new cardio/strengthen and Stretch class beginning Tuesday, March 21 at 10 a.m.

The class will be held weekly on Tuesdays. The cost is \$4.00. Linda will lead the group through a three part program that will improve strength, flexibility, and endurance. The class is slightly more challenging — but one handed pushups will not be required!

Stamford Hospital: Common Urological Problems

Tuesday, March 21 at 12:30 p.m.

Darienite
News for Darien
<https://darienite.com>

Dr. Moskowitz will present on common Urological issues for both male and female —bladder, prostate and kidney.

New Chair Yoga Class!

Thursday, March 23 at 10:00 a.m.

\$4.00

Chair yoga is perfect for seniors who have difficulty getting on the ground or with limited mobility. The class is taught on chairs while using classic modified yoga poses.

Chair yoga helps to increase flexibility and strength, improves balance, and helps reduce stress. Chair yoga will be held weekly on Thursdays at 10:00a.m. The cost of the class is \$4.00.

Darien Library: Poetry

Tuesday, March 28 at 12:30 p.m.

Poetry has a long history. Early poems evolved from folk songs or from a need to retell oral epics. Poetry uses forms and conventions to suggest interpretation of words, or to evoke emotional responses.

Among the most common forms of poetry through the ages is the sonnet. Sonnets; are usually associated with love poetry and consists of vivid imagery.

The Darien Library will share some of their favorite poems with you, as well as share the history of the poem and a little biographical information on the poet.

Bob Mel Entertains!

*Thursday, March 30 — lunch served at noon; **\$4.00 for program** at 12:30 p.m.*

A professional entertainer, Bob has been making music for New England for over 25 years! The Bob Mel Show has never been done the same way twice because Bob blends his experience and observations to create a customized presentation for each audience.

Bob sings, plays acoustic and electric guitars, keyboards and harmonics accompanied by full musical back up.