

# General Interest

**NEW**

## MOVEMENT AND MEDITATION

Jumpstart your day with this low impact movement and relaxation class suitable for adults or seniors with limited mobility. The class consists of gentle movements that increase flexibility and range of movement, and ends with a short cool down relaxation exercise. Benefits include improved vitality and relaxation, breathing and muscle-joint flexibility. (Instructor: Lauren)

**Day:** Thursday April 5 - June 21 (12 weeks)  
**Time:** 11:00am-12:00pm  
**Fee:** \$24

## COMPUTER BASICS

If you're intimidated by that new computer you just received, join our Computer Basics sessions to learn how to use your computer effectively. This is a 8 week program for beginners and novices. Some of the topics that will be covered are "How your computer works", "How the Internet Works", as well as, learning some basic skills using email. Course is facilitated by a certified instructor who uses easily understood terms. (Instructor: Dick) No class on April 9th (Easter Monday).

**Fee:** \$96 (subsidy spaces available)  
**Date:** Mondays Apr. 2 - June 4  
**Duration:** 8 weeks  
**Time:** 6:00pm - 7:30pm

## GOOD FOOD BOX

Everyone is welcome to order a box of top quality fruits and vegetables twice a month. Delivery is every other Wednesday. (This program is offered in partnership with Field to Table)



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|---|-------------|
| <b>Good Food Box</b>  | <b>\$18</b> |
| Contains a variety of vegetables and fruit  |             |
| <b>Small Box</b>  | <b>\$13</b> |
| A smaller version of the Good Food Box  |             |
| <b>Organic Large Box</b>  | <b>\$34</b> |
| The freshest organic produce of the season  |             |
| <b>Organic Small Box</b>  | <b>\$24</b> |
| A smaller version of the Organic Box  |             |
| <b>Wellness Box</b>   | <b>\$13</b> |
| A variety of pre-cut fruits and vegetables  |             |
| <b>Fruit Basket</b>   | <b>\$13</b> |
| Contains a variety of fresh fruit   |             |
| <i>(Please Note: contents of boxes will vary depending on the season. Order at the front desk.)</i> |             |
| <b>BBNC Membership required!</b>  |             |

**DANCEFIT (Dancing with Moms & Babies)**  
 Both Moms and Babies dance and keep fit in this great class. Low-Impact strengthening and stretching exercises are featured along with some snappy Salsa, Cha-Cha & Mambo moves! Babies and Moms stretch on mats provided and dance while baby is in a "snuggli". Babies must be at least 2 weeks old. A great way to get in shape after pregnancy. (Instructor: Tracy)

**Day:** Tuesday April 3 - June 19 (12 weeks)  
**Time:** 10:45am-11:45am  
**Fee:** \$72

**OR**

**Day:** Friday Apr 13 - June 29 (12 weeks)  
**Time:** 10:45am-11:45am  
**Fee:** \$72

## TALKING IN MOTION: EXPLORERS CLUB

Do you enjoy walking? Do you enjoy talking? Then this is the group for YOU!!!

Every other Thursday from 2pm- 4pm weather permitting, a walking group will be taking place. So people young or old, male or female, regardless of ability can come together and exercise while talking.

If you are interested please sign up at reception. A BBNC membership is required to take part.

**Day:** Every other Thursdays  
**Time:** 2:00pm - 4:00pm  
**Fee:** No charge

# Fitness & Wellness

## EVENING MODERATE LEVEL YOGA

Start off the week feeling refreshed and balanced with yoga exercises. This class is for those with previous yoga experience. (Instructor: Archa "Gloria")

**Day:** Monday April 2 - June 25 (11 weeks)  
**Time:** 7:20pm - 8:35pm  
**Fee:** \$90 (Older Adult \$68)

## TUESDAY MORNING YOGA

Open to all levels, this class is a great way to relieve stress and promote flexibility. (Instructor: Mary Lynn)

**Day:** Tuesday April 3 - June 19 (12 weeks)  
**Time:** 10:45am-11:45am  
**Fee:** \$90 (Older Adult \$71)