



News and Events

June 2022

Planning Ahead to Enhance Our Community

Last month, the Board of Finance's recommended budget for the coming fiscal year was approved at our Annual Town Meeting. You may view the Town's budget, with our new interactive online budget tool on the Finance Department page of the Town's website, woodbridgect.org.

This year's budget process was extremely challenging, in part, because although Town expenses continue to grow, our grand list remains relatively stagnant. There are very few ways to grow our grand list: we can add density to the business district; we can expand the business district; we can allow and encourage more types of housing or more housing density.

The 2030 Task Force, created to find ways to help grow the grand list by 2030, is looking at ways to make our commercial district more attractive to businesses, customers and residents. They plan to invite the public to a meeting this summer to gather feedback. Please stay tuned!

A bipartisan Board of Selectmen Strategic Plan subcommittee is also focusing on financial stability, including growing our grand list, supporting local businesses, and continuing to focus on financial transparency. Other goals include maintaining and investing in our Town's infrastructure and facilities, and enhancing quality of life. You may view a draft on the Town's website on the Board of Selectmen page. We welcome your feedback!

The Board of Selectmen plans to use the Strategic Plan to identify projects for the Town's \$2.6 million in American Rescue Plan Act (ARPA) funding. Once spending priorities have been identified, the Board of Selectmen will seek feedback from residents and then make a final decision.

Another draft plan available to view on the Town website is



our draft Affordable Housing Plan. The ad hoc Housing Opportunity Study Committee, created to respond to the State's affordable housing goals, worked very hard on this plan, and incorporated feedback from the surveys and forums they held. The draft can be viewed on the committee's page on the Town website.

Currently in Connecticut (and nationwide), there is a severe housing crisis. Each municipality is required to have a plan outlining how to reach the State goal of providing at least 10% affordable

housing.

Working toward this goal is the right thing to do. In Woodbridge, our housing stock is mostly large single-family homes. Sustainable communities have housing stock that accommodate first-time homebuyers who typically look for smaller homes; larger family homes; and homes for empty nesters or retirees. We do not have a lot of homes for people at the beginning and end of their homeownership cycle.

The Town's ad hoc Diversity, Equity and Inclusion Committee created an "Experiencing Woodbridge" survey, and I encourage everyone to participate. Your responses (by June 10) will help guide the committee's priorities and work. The link is on the committee's page on the Town's website.

Lastly, I invite you all to join the Economic Development Commission at "Make Music Day" on Tuesday, June 21. They are coordinating simultaneous outdoor free concerts at several businesses. Details are on the Town website.

As always, please feel free to reach out to me with questions or comments. I can be reached at 203-389-3401 or bheller@woodbridgect.org.

—First Selectman Beth Heller

Important Reminders for Pet Owners

June is Dog License Month in Connecticut. Reminders will be mailed to Woodbridge dog license holders.

Fees remain at \$8 for spayed or neutered dogs and \$19 for dogs that are not spayed or neutered. Please remit payment via mail for dog licenses rather than making payment in person. Please mail the copy of the license, rabies certificate (if necessary) and check made payable to the Town Clerk; address envelopes to the Town Clerk's Office at 11 Meetinghouse Lane in Woodbridge.

The dog license, tag and clip will be mailed once payment is received. Licenses are valid for one year, from July 1, 2022 through June 30, 2023. There will be a \$1 late fee per month

for licenses requested after July 1.

A low-cost Rabies Clinic will be held Sunday, June 5, between 11 am - 1 pm at the Woodbridge Regional Animal Control located at 135 Bradley Rd. in Woodbridge. With proof of previous vaccinations, a three-year vaccine will be given to all eligible pets. Rabies vaccinations will cost \$20 per animal. Checks are to be made payable to One Big Dog. Cash is accepted—exact change is appreciated. Dogs must be leashed and cats must be in carriers.

Please be reminded that dogs must be leashed at all times when in a public area. This town ordinance is in place for the safety of everyone in our community.

Bulk Household Collection has ended for the spring and will resume on Tuesdays during October and November by reservation. Please call the Department of Public Works with questions, 203-389-3420.

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Town News

Legal Notice to Taxpayers

All persons liable to pay real estate, motor vehicle or personal property taxes in the Town of Woodbridge are hereby notified that the Tax Collector has received the warrant levied by the Board of Finance to collect taxes on the Grand List of October 1, 2021, which become due and payable on July 1, 2022.

Real estate and personal property taxes over one hundred dollars (\$100) are due in two installments. The first one-half shall be due on July 1, 2022 and become delinquent on August 2, 2022. The second one-half shall be due on January 1, 2023 and delinquent on February 2, 2023. Any tax in the amount of one hundred dollars (\$100) or less and all taxes on motor vehicles shall be due and payable in one single installment on July 1, 2022 and become delinquent on August 2, 2022. If the installment payment due becomes delinquent, interest will be charged on the installment payment at the rate of 1.5 % per month from the due date. Minimum interest charge is \$2.

The Tax Office will be open Monday through Friday from 8:30 am to 4:30 pm. The Town Hall will be closed on July 4, 2022. For your convenience we will be open on Saturday, July 30 from 9 am till 12 pm and on Monday, August 1 the last day to pay without penalty, from 8:30 am till 7 pm. If you wish to pay in person, you must bring your entire bill with you so we may stamp your receipt. All mailed bills must be postmarked by the United States Postal Service prior to the delinquent date to be considered on time. You must enclose your check, the entire bill and a self-addressed stamped envelope for a return receipt. Credit card payments may be made online (only) at woodbridgect.org on the Tax Office page under Online Payments. There is a fee charged for this service, please read all information carefully.

Failure to receive a bill does not exempt you from payment of tax or penalty, per Conn. Gen. Stat. 12-130, 12-146. Please direct questions to Tax Collector Pat Crisco, CCMC at 203-389-3425.

Hurricane Safety Tips

The Woodbridge Police Dept. warns that the Atlantic hurricane season runs June to November, with peak season in mid-August to October. Hurricanes can cause catastrophic damage to shorelines and several hundred miles inland. High winds, torrential rains, and flash flooding can persist for days.



A Hurricane Watch means a storm may be possible within 36 hours, and a Hurricane Warning generally indicates a storm within 24 hours. Below are safety tips for residents.

- Secure outdoor property and clear clogged gutters and downspouts.
- Charge cell phones and personal computers.
- Have available ample food and water, flashlight batteries, and water for sanitary purposes and flushing toilets.
- Remain indoors, away from glass doors and windows.
- Drive only when necessary avoiding flooded areas.
- Keep away and report loose or dangling power lines to 203-387-2511.
- Contact authorities to report police, fire or medical emergencies.
- Listen to the radio or television for updates, and receive storm alerts from The United Illuminating Company via prerecorded calls, emails and text messages. **Register online at uinet.com to receive alerts and storm status, and to report power outages.**

Library News

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Visit the Library website 24/7 to access digital resources - woodbridgetownlibrary.org

Library hours: Monday through Thursday: 10 am to 8 pm; Friday & Saturday: 10 am to 5 pm.
Our last open Saturday will be June 25; we will be closed on Saturdays until after Labor Day.

Congratulations to Peeps Winners

and THANK YOU to all who entered this year's contest!

ADULT WINNER



Adult Winner:
Community Garden of Peeps

FAMILY WINNER



Family Winner:
Wheel of Peeps

TEEN WINNER



Teen Winner:
Let's Go to the Beach!

Friends' Treasurer Wins Award!

Congratulations to Donna Lehman, Treasurer of the Friends of the Woodbridge Library. Donna was recently awarded the Edith B. Nettleton Award from the Connecticut Library Association at their annual conference. The award, named for longtime Guilford Free Library director and later volunteer, recognizes an individual who has demonstrated an outstanding record of vol-

unteer service to their library. Donna's nomination was supported by several letters from library staff as well from others around town, highlighting her generosity in all of the time and energy she puts into the Friends' efforts, including the Bookstore Alley and all of the book sales, not to mention TWO library mini-golf fundraisers.

Library News Briefs

Starting June 1, the check-out limit of hoopla items will return to our pre-pandemic limit of 7 per month. We increased the limit to 10 at the start of the pandemic to make life easier when we were closed to the public or had very limited hours.

The Friends of the Library are taking donations again for Bookstore Alley! Please bring your gently used, clean, odor-free items to the library during open hours. Thanks for your support!

Pride Month Events

How to be a Supportive Ally

Tuesday, June 14 at 7 pm

Want to learn how to be a more supportive ally to the LGBTQIA+ community? Join us for a fun, interactive lecture presented by Ace Ricker from the New Haven Pride Center.

Bring questions! Registration required.



Pride Book Discussion

Wednesday, June 22 from 6 pm to 7 pm
Drop by to discuss LGBTQIA+ literature, checkout some books, and have some snacks!

This is a teen and adult program.

No registration required.

Summer Reading & Writing

Adult Summer Reading

Starts June 18 and ends August 25.
Pick up a packet starting June 18! Read books and complete challenges to receive raffle tickets and win free books! Questions should be directed to Kira at kedic@woodbridgetownlibrary.org.



Woodbridge Writers Workshop

Tuesdays, June 28, July 26, and August 23.
Held the fourth Tuesday of every month from 3-5 pm. Join area writers as we read and critique our works in a friendly atmosphere. Register at the Reference Desk or online. Please contact Bill with questions at warmstrong@woodbridgetownlibrary.org.

Town Calendar

Woodbridge Happenings

Registration may be required & space may be limited. For event details go to: woodbridgect.org

- 6/2 **Music of Thelonious Monk Celebration, 7 pm**
Library Meeting Room
- 6/3 **Live Music at 10selden, 7 pm**
Jen Durkin's Steal Your Funk
- 6/4 **Live Music at 10selden, 7 pm**
As System Fails, Cardboard Dream House, 49' High
- 6/5 **Low-Cost Rabies Clinic, 11 am - 1 pm**
135 Bradley Road-Woodbridge Reg. Animal Control
- 6/9 **Ask the Pharmacist, 10 am**
Library Meeting Room
- 6/11 **2nd Annual Logan Testa Triathlon, 9 am**
Beecher Road School
- 6/11 **Shredding - Our Lady of the Assumption, 9 am**
Center Road (donations accepted)
- 6/11 **Live Music at 10selden, 7 pm**
The Wind Up & Pondview
- 6/14 **How to be a Supportive Ally, 7 pm**
Library Meeting Room
- 6/16 **Father's Day Drive-thru Luncheon, 12 pm**
for residents 60+, Center Building
- 6/17 **Joint Replacement Presentation, 11:30 am**
for 55+, Library Meeting Room
- 6/17 **65th Strawberry Festival, 5:30 pm**
on the Green at First Church of Christ
- 6/21 **Make Music Day Concerts, 4-7 pm**
various locations in the business district
- 6/27 **AAA Driver Improvement Class, 9 am**
for 55+, Library Meeting Room

Interested in placing an ad in this newsletter?
Email tblenski@woodbridgect.org for information.

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Library News

From the Children's Room

For more information and registration where necessary, please visit our website.

Indoor Story Time Has Returned!

Join us on the carpet in the children's room for fun stories, music, and props! Every Wednesday at 10:30 am, for infants to age 3 and their caregivers. Registration is not necessary.

In-person Story Craft Has ALSO Returned!

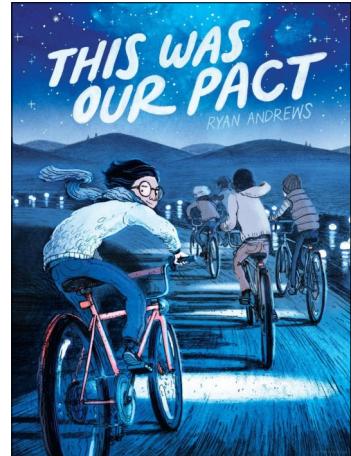
A special story time session just for children ages 3-5, Saturdays at 10:30 am. We will gather in the craft room for stories followed by a simple craft. Registration is not necessary; come every week or when you can!

Summer Reading Kickoff!

Saturday, June 18, featuring storyteller Rona Leventhal at 2 pm. More information to come! All ages welcome, online registration required.

Graphic Novel Club

Calling all graphic novel fans in Grades 4-6! Join us at the library on Tuesday, June 28 at 6:30 pm to talk about Ryan Andrews' graphic novel *This Was Our Pact*. While we chat, we'll make a glow jar you can use to light up your room. Please register.



Save the Date!

Grammy nominated Judy Pancoast will be performing a concert on July 7 at 4:30 pm. More info to come! All ages welcome, online registration required.



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Human Services News

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To reach Woodbridge Human Services call 203-389-3429 or 203-389-3415 or email humanservices@woodbridgect.org

Ask the Pharmacist: Human Services

will partner with the Quinnipiack Valley Health District (QVHD) & the Connecticut Pharmacists Association (CPA) to host individual Medication Review Sessions on Thu., June 9, 10

am to 3 pm in the Library Meeting Room. Pharmacists will be available to answer questions and address concerns through a personal medication review. These recommendations can be further discussed with your doctor. All information will be kept confidential. To RSVP, please contact 203-389-3429. Appointments are limited.

June is Alzheimer's & Brain Awareness Month: More than 6 million Americans are living with Alzheimer's de-



mentia including approximately 200,000 individuals under age 65 who have younger-onset Alzheimer's. Most help provided to older adults in the US comes from unpaid family members and friends. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial, and physical difficulties.

- Alzheimer's is fatal. It kills more than breast and prostate cancer combined.
- Alzheimer's is not normal aging. It's a progressive brain disease without a cure. (Source: alz.org)

For more information about caregiver support please contact Human Services or join in the first Thu. of each month from 1-2 pm for the Caregiver Support Group at Coachman Square, Woodbridge. RSVP to Carol at 203-397-7544.

Living Treasure Committee Volunteers Sought: Human Services will hold the 4th annual Living Treasure event

this fall. The event will honor residents age 60 or over, who have demonstrated positive actions to improve the quality of life in Woodbridge and have performed this work on a volunteer, unpaid basis. Members of the community are welcome to join the event planning committee which meets frequently during the months of June, July, Aug., and Sept. Please call to volunteer.

Food Pantry: Residents in need may call Human Services for access to non-perishable food each month. The food pantry needs donations of jams, canola/olive oils, coffee, baking mixes/snacks, salad dressing, deodorants, and laundry detergent. Kindly check all expiration dates prior to donating.

Volunteer Appreciation Event: The Human Services Dept. will honor volunteers at the 32nd Annual Volunteer Recognition celebration. Many thanks to all receiving certificates of appreciation.

Woodbridge Center News

The Center is for everyone 55+!

Please call 203-389-3430 or email kmoriarty@woodbridgect.org with any questions or to register for programs.



Deb Urso of Hamden Rehabilitation and Health Care Center, and Kelsey Lang of Elim Park, help distribute 95 meals at the Mother's Day drive-thru. This drive-thru was generously sponsored by Elim Park and Visiting Angels of Woodbridge with a special treat provided by Hamden Rehabilitation and Health Care Center.

Drive-thru Luncheon for Woodbridge residents over 60 years of age:

Father's Day Drive-thru Luncheon:

Everyone is welcome to celebrate all fathers at the Father's Day Drive-thru Luncheon on Thursday, June 16 from 12-1 pm. Enjoy a choice of sandwich: BBQ pulled beef or chicken Caesar wrap, macaroni salad, and mini cannolis.

This drive-thru is generously sponsored by **Coachman Square at Woodbridge and Amity Physical Therapy**. Also enjoy a traditional root beer float provided by **Hamden Rehabilitation and Health Care Center**. No charge. Please RSVP by June 9.

Services:

Tech Tue. and Thu., 2:45-4:15 pm: Need some help navigating your computer, laptop, tablet, or smart phone? Call to sign-up for a 1:1 session in The Center's computer lab with patient, knowledgeable Amity High School student volunteers. No charge.

Transportation for medical appointments is available for those age 60+ or with a long or short-term disability, Mon.-Fri., 9 am - 4 pm. Transportation for grocery shopping, banking, pharmacy pick-up, and social engagements are also available. Call to arrange car or wheelchair accessible van transportation. Vehicles are cleaned between use.

Meals: Healthy, well balanced, flash frozen meals are available for **\$5.25/meal**. Order by noon on Mon. for deliv-

ery to your home on Tue. Choose from a wide variety of options including stuffed flounder, eggplant rollatini, chicken piccata, and fresh Cobb salad with grilled chicken breast. Meals include a roll, fresh fruit, and dessert. Two meal minimum. Frozen soups are available for **\$1.50** per 10 oz. container. Varieties include: Italian wedding, beef orzo, chicken noodle, and many more. Call 203-389-3430 to place your order.

Friendly Visitor Program: Call Judi Young, Human Services Social Worker, at 203-389-3429 to arrange for a visit.

Medical Loan Closet: Medical equipment is available for lending, including walkers, wheelchairs, knee rollers, shower chairs, and more.

Job Bank: Residents may call Nancy Pfund, Youth Services, 203-389-3429, to hire a student worker. Schedule helpers now for yard work and more.

Updates:

Facebook/e-blasts: Follow us on Facebook (The Woodbridge Center, Woodbridge CT) and call to sign-up for email blasts for The Center updates.

Woodbridge Center News

The Center is for everyone 55+! Preregistration is required for all programs and masks are required for all Center programming until New Haven County's community level is at the low level for three consecutive weeks.
Call 203-389-3430 or email kmoriarty@woodbridgect.org to register or for more details.

Special & New Activities

New! Cornhole: Sign-up for this part-skill, part-luck, all fun activity! All levels are welcome—Mondays and Fridays, 10-11:30 am in the Grove, weather permitting. Call to register.

FREE Tai Ji Quan: Moving for Better Balance (TJQ:MBB):

TJQ:MBB is a research-based fall prevention exercise program which uses Tai Ji Quan based movements to improve strength, mobility, balance, and daily function to prevent falls. Classes will be taught by trained local instructor, Bill Bannick, in a supportive environment. Individuals who use a cane for assistance in walking are welcome to join. No prior experience with Tai Chi is needed. This 24-week (48 class) program is offered in partnership with the CT Healthy Living Collective and funded by the State of CT Department of Aging and Disability Services, State Unit on Aging. The program begins June 6 and will meet Mondays and Fridays, 10-11 am in the Center Building gym. Call 203-389-3430 to register.

The American Armchair Adventure - National Park Series: This in-person



Sergeant Pedalino, Woodbridge Police Dept., shares the current best measures to stay safe at the Crime Prevention Presentation. The Woodbridge Police Union provided a safety keychain to all attendees.

monthly series, provided by **Hamden Rehabilitation and Health Care Center**, explores six National Parks in six months. Enjoy simulated tours, interactive discussions, trivia, and more. Remaining adventures include: Grand Canyon - June 10, Zion - July 8, and Grand Teton - August 12. Program meets 11 am – 12 pm in the Library's Meeting Room. Call to sign-up.

Rolling start-date! FREE Lifestyle Change (Diabetes Prevention) Program offered in-person and on Zoom: Concerned about your health risks as you age? Want to live healthier but don't

know where to start? Join this evidence-based Lifestyle Change Program led by a certified lifestyle coach. The program includes 26 weekly sessions on healthy eating, type 2 diabetes prevention, weight loss, stress management, physical activity, and more. A weekly 45 min. exercise class with Laura Richling is included as well as 6 private sessions with a Registered Dietician.

This program will be provided at NO COST to everyone 60+ years of age. It is co-sponsored by the South Central CT Agency on Aging and non-profit Monitor My Health, in an effort to promote good health. Weekly lecture/discussion every Tuesday 1-2 pm in the Center Building Room 16, fitness class Tuesdays 12-12:45 pm in the Center Building gym. Join anytime. Call to register.

AAA Driver Improvement Class:

Member and non-members may be able to lower their auto insurance costs by taking this class free of charge on June 27, 9 am - 1 pm in The Woodbridge Library's Meeting Room. Space is limited; pre-registration is required.

Joint Replacement Presentation

This hybrid presentation by Kyle Branday, MSPT, of Amity Physical Therapy will be offered in-person and on Zoom. Kyle will cover how to prepare for knee or hip replacement surgery to shorten recovery time and mitigate complications,

as well as provide instruction for how to get the most out of your replaced joint if you have had replacement surgery. The presentation will be held June 17 from 11:30 am - 12:30 pm in the Library's Meeting Room. Please call to register.

Ongoing Activities

Hobbies/Social:

Bridge: Wed. and Fri., 1-4 pm in the Library's Meeting Room.

Computer lab is open Mon.- Fri., 10 am - 2 pm. Two-person limit in computer lab. Printing is available (first 5 pages free). Preregistration is required.

Craft Group: Tue. and Thu., 10 am - 12 pm, in the Woodbridge Room of the Library. Bring your current knitting, crocheting, or needlepoint project to work on while enjoying a lovely time socializing.

Painting for Pleasure with local artist- Carole Abbate: Mon., 10 am - 12 pm,

in the Library's Meeting Room. You will find joy in creating your own paintings as Carole helps inspire beginners to intermediates to paint with acrylics or watercolors. Paint the subject of your choice; bring a note card or photo for inspiration. Sessions are consecutive—join anytime. Call to sign-up for this 6-week, \$36 class.

Pinochle: Mon. & Wed., 1-4 pm & Thu., 1:30-4 pm in the Center Building, Room 16.

Exercise: Not sure if an exercise class is a good fit? Try a complimentary class first.

New! Hybrid Aerobics Class with

Laura Richling: Tue. and Thu., 10-11 am in the Center Building gym and beginning June 7 on Zoom. Enjoy a complete aerobic, cardio, and strength training work-out to a variety of music. Bring your own 1 or 2 pound hand weights, if you have them, to use during the class. There is a \$3 fee payable at the start of class, or invoiced monthly for Zoom participants. Please call for link.

Pickleball: Mon. through Fri., 12:30-3:30 pm, in the Center Building gym. All levels are welcome. New players please call to register.

Youth Services News

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Call Youth Services for information: 203-389-3429. Email npfund@woodbridgect.org or youthone@woodbridgect.org.
Like us on Facebook: Woodbridge-Youth-Services-Woodbridge-CT

Job Bank Offers Teens Work

The Woodbridge Job Bank is a referral service for teens who want paid work from residents who wish to hire help for odd jobs around the home.

Residents: Contact Youth Services to hire a teen.

Teens: Join the Job Bank to

earn some cash and build your resume. Call now to schedule your interview and make some cash this summer while helping our residents. Jobs may include babysitting, yardwork, housework, or animal care. Parent permission is required.

First Selectman's Award

The First Selectman will present the 2022 Youth Award to Ava Shanbrom at the Volunteer Recognition Celebration in June. Ava was nominated by an elderly widow who was receiving medical treatments. Ms. Shanbrom helped with chores without payment, and offered friendship through the isolating days of Covid. Ava's local scouting troop recently completed a project for seniors. She will receive a check donated by People's United, a division of M&T Bank.



End of Year Party Entertains Middle Schoolers

Woodbridge and Bethany 7th and 8th graders had a fantastic night of music, dancing, games, Big Daddy's Race Track, and Krazy Konez. Some students played Cornhole or Twister, while others tossed discs or ate pizza. All this and awesome raffle prizes made the evening a smash. Lots of



outdoor fun was had by all at Amity Middle School-Bethany. Youth Evening Programs are sponsored by Youth Services with support from the Town of Bethany.

Youth Services wishes to thank all of the volunteers who help to make these programs run smoothly and safely.

Recreation News

Call Recreation at 203-389-3446 or email Recreation@woodbridgect.org. Register at woodbridgect.org.
Select Recreation Registration at the homepage on the Town website to register and view the lineup of program options.

Still time to register! Summer Camp begins on Monday, June 27 through August 5, for grades 1 through 8.

July Chess Camp

Chess Wizards has been teaching the game of chess since 2002. Join us this summer for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle—your brain! This camp includes fun team chess games (like Corner Chess), recess time (of course), snacks, tournaments, and puzzles. Each camper receives a T-shirt,

trophy, and puzzle folder. We include all the materials necessary for your child to participate, but full-day kids should bring a lunch. Unleash your brain power and spend part of your vacation with Chess Wizards!

Chess camp will run July 18 through July 22, 12:30-3:30 pm. The cost for the program is \$210. If you are in Rec Camp, a supervised lunch is available from 12-12:30 pm for \$15 for the week.

August Cooking Camp

Join Food Explorers to explore new flavors, cooking techniques and recipes. Delve into a new color food each day to learn about foods of that color as well as discover fun food and nutrition facts through interactive games and activities.

Each day will feature a snack and meal. Recipes are nut free and some will contain dairy and/or eggs. This outdoor class will take place Aug. 15- 19, 9 am to noon at the Pease Road complex pavilion. Camp is open to grades 2-5 for \$155 per child.

Volleyball

Volleyball League results are in! Congratulations to team Bump, Set, Spike for winning the winter indoor Volleyball League regular season and to Sunny's team for winning the playoffs.

Check our website for the start date of summer outdoor open play to take place on Wednesday evenings at the sand court on the former Country Club of Woodbridge property. Volleyball court permits are available. For a permit email recreation@woodbridgect.org



Yoga Classes

Join Bill Banick for his summer yoga session from June to August. Attend as frequently as you like Mon. - Fri., 8:30 to 9:45 am and Tue. evenings 5:30-6:45 pm.

Enjoy gentle yoga with Diane King on Mon. and Wed. mornings, and Mon. evenings.

Prorated plans are available. Call for details and to register.

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