



Retiree Division Class Schedule

Why take a Class?

- ◆To Learn
- ◆To Interact
- ◆To Explore
- ◆To Contribute
- ◆To Connect
- ◆To Practice
- ◆To Socialize

Classes begin On March 18,
2024

Ends on May15, 2024

***NO classes the week of
April 22nd ***



**TEAMSTERS
LOCAL 237**

**Spring 2024 Class
Schedule**

Contact Us

Phone: 212-807-0555

Email: retirees2@local237.org

Web: www.local237.org



Class Description

Monday

Community Crochet Class 10:00-12:00 noon

Learn free form crochet. Students will be able to crochet independently any project without pattern by end of sessions.

Introduction to painting 1:00-3:00pm

(New class)

This class will teach you color theory, brush techniques, and more. Painting can stimulate your imagination and inspire you to explore your talent.

Tuesday

Tai Chi 10:00-12:00 Noon

Jan Childress will teach you the theory and practice of this ancient Chinese discipline of meditative movements.

Salsa Dancing 1:00-3:00pm

This class will be taught by professional Dancer Franck Muhel. The class will get you up and moving to the Latin beat. This is a great way to exercise and have fun while you are learning to dance.

Wednesday

CHESS 10:00am to 12:00 noon *(New Class)*

All levels are welcome, **NO** experience required to take this class.

Studies have shown that chess players tend to have better memory, attention span, and overall brain function than those who do not play.

Afro Fit 1:00-3:00pm

This class will be taught by professional Dancer Franck Muhel. Afro Fit targets different muscle groups at once for a full body workout.

Tear Off and send your class selection.

Send to Retiree Division
216 West 14th Street, 6th
Floor
New York NY, 10011

Day	Time	Classes
Monday	10:00-12:00	Crochet <input type="checkbox"/>
	1:00-3pm	Painting <input type="checkbox"/>
Tuesday	10:00am	Tai Chi <input type="checkbox"/>
	1:00pm-3:00pm	Salsa <input type="checkbox"/>
Wednesday	10:00-12:00pm	Chess <input type="checkbox"/>
	1:00-3:00pm	Afro Fit <input type="checkbox"/>

Please place a check ✓ on the classes you would like to attend.

Name: _____

Address: _____

City: _____ State: _____

Telephone: _____