



# Winter 2021

## Wheatland Recreation

### Program Schedule

#### Virtual Gentle Yoga

Our Gentle Yoga Class has gone virtual. This program provides a style of yoga that is less strenuous than other forms of yoga. Very useful for seniors, pregnant women, anyone recovering from an injury or anyone looking for a more relaxing workout. Gentle Yoga can also be beneficial to those who lack overall flexibility.

**Days:** Mondays; 6-7:15pm

**Dates:** Session 1: 1/25, 2/1, 2/8, 2/22, 3/1

Session 2: 3/8, 3/15, 3/22, 3/29, 4/5

**Fee:** \$50 for 5 classes



**Instructor:** Lourdes Roa

**Can I try 1 class to see if I like it?**

Absolutely! Please contact the Recreation Coordinator, Shanna Fraser, to make arrangements for a trial class. You can reach me at [recreation@townofwheatland.org](mailto:recreation@townofwheatland.org) or 747-0289.

**How can I register for a program?** Complete the registration form and submit your registration and payment to the Recreation Coordinator. Registrations can be mailed to Town of Wheatland, 22 Main St, Scottsville NY 14546 or emailed to [recreation@townofwheatland.org](mailto:recreation@townofwheatland.org). If you would like to pay with a credit card please check the CC box on the registration form and you will receive an invoice via email to pay online.

#### LOVE ROCKS!

Paint a rock using a LOVE or KINDNESS theme. On the bottom of your rock please write "Post to Scottsville Rock out ROC" then hide or share your rock in your neighborhood or in your community. When you find a rock make sure you post it on Facebook to "Scottsville Rock out ROC" for the group to see. We enjoy seeing everyone's creativity.

#ScottsvilleRockoutROC #WheatlandRec



#### Virtual Sweetheart BINGO

Join us for Sweetheart Bingo! We are adapting to the times and going virtual. Advance registration is required. All registered participants will receive an email with the Zoom login ID and password. All prizes will be mailed to the winners. Sweetheart BINGO kits are available in Town Hall or by mail. ALL ages are welcome!

**Date:** Friday, February 12 at 7pm -8pm

**Fee:** \$2 per participant

**Leader:** Shanna Fraser



## Craft-To-Go

**Love You to Pieces** project for Valentine's Day! Great project for all ages to keep or give as a Valentine! All of the supplies are included in the bag. You will need to supply a marker.

Please follow the registration process to purchase. We will make arrangements for pick up or delivery.

Fee: \$6 per bag



## Acrylic Dutch Pour

We have really missed our Friday night painting classes with Darlene. We are ready to get back to painting with masking and social distancing. Our first class will be an Acrylic Dutch Pour on a 16x20 canvas. All supplies will be provided. The class is limited to 10 participants to ensure social distancing. This class is open to anyone age 14 and up.

Date: Friday, March 5 at 7pm

Where: Wheatland Senior Center

Fee: \$25 per person



## Virtual Babysitter Training

Taught through discussion, instructor lead lecture and supplemented by an interactive video presentation; this class is designed for ages 11+, teaches participants the roles and responsibilities of a babysitter including skills in: accident prevention, first aid. Each student will receive a workbook and a certification card upon completion. Must register by Monday, February 15.

**Date:** Wednesday, February 17 9am-12pm

**Fee:** \$37

**Instructor:** EPIC Trainings

## Virtual Home Alone Safety Class

This class is designed to teach children ages 7-12, who are home alone the importance of behaving responsibly. Topics include but are not limited to: basic first aid tips, what to do when a stranger comes to the door, answering the telephone, internet safety and how to react during a variety of miscellaneous emergencies such as power outages and fires. Knowing when your child is ready to stay home alone is a difficult decision; preparation can make the transition much easier for you & your child. Must register by Monday, February 15.

**Date:** Wednesday, February 17 from 1 – 2:30pm

**Fee:** \$27



**Instructor:** EPIC Trainings

If you have any questions or concerns please contact the Recreation Coordinator, Shanna Fraser, at 747-0289 or [recreation@townofwheatland.org](mailto:recreation@townofwheatland.org)

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