



# Linden Recreation

Winter 2021

## \*Adult VIRTUAL Program Schedule\*

(18/Out of High School and older)

View full class descriptions and register online at <https://register.communitypass.net/linden>

### COMPLETE FITNESS

A whole-body workout using kick boxing, high and low impact aerobics, cardio and body toning exercises. 10 Weeks

Tue., Jan. 5-Mar.9 6:30pm-7:30pm

Program Fee: \$50 Site: Zoom Virtual

### NEW! YOGA

Participants ages 18 and older are led through an energetic class where movement is led by breath, creating a deeper sense of self-awareness while offering a challenging flow building strength, increasing flexibility, range of motion, and mobility. Pranayama (breath work) and meditation are typically introduced. All levels welcomed. Modifications are offered for both the beginner and advanced level. You need a yoga mat and a water bottle close by. Additional yoga props are welcomed but not necessary. 10 Weeks

Thurs., Jan. 7-Mar. 11 6:30pm-7:30pm

Program Fee: \$60 Site: Zoom Virtual

### MENDING AND ALTERATIONS

This virtual class teaches the basics of mending and simple alterations. Sewing machines are NOT necessary. Students are encouraged to bring their own items for personalized instruction suitable for the entire group learning. 5 Weeks

Fri., Feb. 19-Mar. 19 6:30pm-8:00pm

Program Fee: \$35 Site: Zoom Virtual



## Nature Classes

### NEW! Backyard Birding Basics Ages 13 - Adult

This workshop will get you attracting birds to your yard and identifying them in no time! This class will help prepare you for the Great Backyard Bird count in February. 1 Week

Thurs. Jan. 14 7:00pm-8:00pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Intro to the Great Backyard Bird Count for Ages 13 - Adult

In this workshop we will set up our accounts, learn to do an accurate count and run through submitting your list online.

Thurs. Feb. 11 7:00pm-8:00pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Understanding Spring Migration Ages 13 - Adult

Learn how and why birds migrate and who you will start seeing at your feeders. 1 Week

Thurs., Mar. 4 7:00pm-8:00pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Build a Bird Families, children ages 5 & up

Learn about all of the different families of birds, what they eat, where they live and how they survive and then build your own bird and create its unique story. 1 Week

Sat., Jan. 16 1:00pm-2:00pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Treats for Tweets and Backyard Bird Count Families, children ages 5 & up

Learn about bird beaks and what different birds eat. We will also make a special bird feeder together for you to put out at home. 1 Week

Sun., Feb. 14 1:00pm-2:00pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Signs of Spring Families, children ages 5 & up

A scavenger hunt in your backyard! Together we'll look for signs of spring and share what we found. 1 Week

Sat., Mar. 6 1:00pm-2:00pm

Program Fee: FREE Site: Zoom Virtual

## Family Game Night

### NEW! Music Bingo All Ages

Bingo with a musical twist. Classic Bingo game played with songs instead of numbers. Our MC will guide players through a musical journey. Must register all family members participating. 1 Week

Fri., Jan. 15 7:00pm-8:30pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Music Video Bingo All Ages

Basically, it's Bingo meets Name-That-Tune taken to a whole new level. Bingo players watch a music video and then locate it on their virtual bingo cards. Must register all family members participating. 1 Week

Fri., Mar. 19 7:00pm-8:30pm

Program Fee: FREE Site: Zoom Virtual

### NEW! Q and A Game Show Trivia All Ages

Participants get to test their knowledge. MC host will give players a session key to allow them to play on their smartphone and/or computer. Must register all family members participating. 1 Week

Fri., Feb. 26 7:00pm-8:30pm

Program Fee: FREE Site: Zoom Virtual

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All first-time registrants are required to call 908-474-8600 Monday-Friday 9:00am-4:00pm to set up an account.