



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 22<sup>nd</sup> \***

**Contact Us**

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**Web:** [www.local237.org](http://www.local237.org)

# Retiree Division Class Schedule



**TEAMSTERS  
LOCAL 237**

**Spring 2024 Class  
Schedule**



# 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 14<sup>th</sup> Street, 6<sup>th</sup> 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: \_\_\_\_\_