



BUS TRIPS (Continued)

(NO early bird or senior discounts apply for bus trips)
For more info, call 410-386-2604

COASTAL MAINE

Sept 7-Sept 11
5 days Tuesday-Saturday
Program #10BT19



This tour of Coastal Maine includes Cape Neddick, Rockland, Mt. Battie, Bar Harbor, Freeport, Acadia National Park & Portland. Enjoy one night in Portsmouth NH at the Anchorage Inn; 2 nights in Bar Harbor, ME at the ocean-front Bar Harbor Inn (where you can live like the rich and famous!); one night in Portland, ME at Holiday Inn by the Bay; 4 full breakfasts; 4 dinners including 2 with lobster choices (at the Bar Harbor Inn-you can order anything on the menu for your two breakfasts and one dinner in the Reading Room Restaurant); shopping in Portland and visit to Portland Head Light; a visit to Cape Neddick-Maine's southernmost lighthouse; lunch and free time in Rockland-the lobster capital of the world; Freeport lunch on your own and outlet shopping; tour of Bar Harbor-one of Maine's most majestic cities offering one of a kind shopping and a wide variety of restaurants "famous for its steamed lobsters and Acadia National park-a rugged rock-bound shore line offering granite cliffs, glacier carved mountains and dense evergreen forests"; Boothbay Harbor Cruise-aboard the Margaret Todd, one of Coastal Maine's most scenic areas offering exceptional views including Burnt Island Lighthouse (watch for the seals); gift shop coupon for use in the hotel gift shop; tour services of The Maine Tour Connection; motor coach transportation; baggage handling; hotel taxes; and driver, guide and meal gratuities.

TIME: 7am Tuesday-7pm Saturday
FEE: \$734/pp-Double Occupancy
\$699/pp-Seniors in Action member-Double Occupancy
(must call to register)
LOCATION: bus departs from Carroll County Farm Museum

HOME & GARDEN



GARDENING WITH NATIVE PLANTS

June 7-June 28 4 sessions Mondays
Program #10SM52

Interested in native plants? Then THIS class is for you! Learn all about native plants, their characteristics and how their use benefits our environment. See natives up close and personal and learn how to use them in your landscape. You will also learn how natives attract butterflies and wildlife, especially bluebirds! Age: 12-adult. Instructor: Frank Vleck

TIME: 6-8pm FEE: \$65
LOCATION: Wakefield Valley Nursery, 1690 Wakefield Valley Road, New Windsor



HEALTH & WELLNESS



YOGA

Dates vary (see below)
8 sessions Tuesdays AND Thursdays
Program #10SM53 5/25-6/15
Program #10SM54 6/22-7/15
Program #10SM55 7/20-8/12
Program #10SM56 8/17-9/9



Join Jo-ga, 4 Seasons' Yoga guru, in a traditional yoga class. A total mind/body workout that will strengthen and stretch you and leave you feeling relaxed and fit. Instructor: Joe Legge
TIME: 7:30-8:30pm FEE: \$80
LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road, Hampstead

PERSONAL TRAINING & 30-DAY MEMBERSHIP

Begins June 1st (can register anytime through 8/31) 30 days
Program #10SM57
Get a short term 30-day membership at 4 Seasons Sports Complex with 3 Personal Training sessions included! Once registered, call the gym to schedule the time best for you with your personal trainer (personal training must be used in the 30-day membership time frame). Club Hours: Mon-Thurs 4:30am-10pm, Fri 4:30am-9pm, Sat 6:30am-6pm, and Sun 7am-6pm. A schedule is available at the complex. Also, take advantage of our Fitness Daycare while you work out (hours: Mon-Thurs 9-11:30am and 5-8:30pm, Fri 9-11:30am and 5:30-8:15pm, Sat 8:45-11:30am). Instructor: varies per class.
TIME: Varies (see schedule at gym) FEE: \$165
LOCATION: 4 Seasons Sports Complex, 2710 Hampstead-Mexico Road, Hampstead

ZUMBA FITNESS!

Jun 14-Jul 26 OR Jul 15-Aug 19 OR Aug 16-Sept 27
(no class 7/5) (no 9/6)

6 sessions Mondays OR Thursdays
Program #10SM58 6/14-7/26 (no 7/5), Mondays
Program #10SM59 7/15-8/19, Thursdays
Program #10SM60 8/16-9/27 (no 9/6), Mondays



Mambo - Calypso - Merengue - Salsa! Get ready to join the fitness party that has swept over 30 countries! A multi-cultural dance-exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Easy to follow - all abilities welcome! The most fun you'll ever have working out! Ditch the workout - join the party - its exercise in disguise! Age: 13-adult.
No early bird or senior discount. Instructor: Yvette Castillo
TIME: 7:30-8:30pm FEE: \$24
LOCATION: Taneytown Senior Center