

## Senior Memberships

**BASIC** ~ includes use of the gymnasium, game room, locker room, and lounge area. Also, discounted rates on HTCC programs. Fitness room use is \$5 per visit, aerobic classes are \$3 per class and \$2 for babysitting.

**FITNESS** ~ includes all basic membership privileges, plus FREE use of fitness room, FREE aerobic classes, FREE babysitting.

**MONTH-BY-MONTH** ~ This special fitness membership offers you the option of paying monthly installments on your credit card. Service fees apply and are included in the rate below. **This is one year commitment** and locks your payment fee amount for a 2-year period. For your convenience this membership automatically renews. Written documentation must be received if you want to cancel your membership *after* one year. Monthly fees are approximate and vary based on the number of days in a month.

62+ years	Resident	Non-Resident
<b>Basic</b>	\$67.00	\$106.00
<b>Fitness</b>	\$126.00	\$190.00
<b>Month-by-Month</b>	\$133 - \$111.09	\$199 - \$16.59
<b>Short Term Fitness ~ 1 mo.</b>	\$25.00	\$37.00
<b>Short Term Fitness ~ 3 mo.</b>	\$42.50	\$65.00

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**Some insurance companies have a wonderful benefit...**

**They'll PAY for your yearly health club membership! To see if you have this benefit, and what conditions apply, See Front Desk**

## Facilities

HTCC is a complete family service facility. As a member, you'll enjoy use of all these areas:

- Full-size gymnasium
- Weight/Fitness room
- Aerobics studio
- Game room: air hockey, pool tables, video games, & more!
- Lounge area
- Assembly room for birthday parties & meetings
- Arts & crafts room

## Fitness Room

- Treadmills
- Stair climbers
- Rowers
- Stationary bikes
- Elliptical trainer
- Recumbent bike
- Free weights
- Leg machines
- Upper body machines

## Personal Training

Fitness trainers are available for members on a regular basis. Q&A sessions occur on:

- Tuesdays- 10am-10:30am
- The 3rd Saturday of every month

\*\*Personal training can be set by appointment

\$20 for 30 minutes, \$25 for 1-Hour

Special rate for 3 one-hour appointments for \$70!  
 Basic Members- \$5 fitness room fee + trainer fee.

For more information, please ask at the front desk.

# Hanover Township Community Center



## Building Hours

Monday - Thursday: 6am-10pm

Friday: 6am-8pm

Saturday: 7am-6pm

Sunday: 11am-5pm

## Seniors Programs Lifestyles 50+

3660 Jacksonville Road

Bethlehem, PA 18017

(610) 317 - 8701

[Hanovercommunitycenter.com](http://Hanovercommunitycenter.com)



Like us on Facebook at Hanover Township Community Center

## Welcome to HTCC

Our mission at HTCC is to enrich the quality of life of Hanover Township families and individuals while building strong community relations.

We encourage everyone to become involved in our community center. The helping hands of the community are what help to make HTCC a great place to be. Please feel free to stop by with all your suggestions and concerns. Our doors are always open! We look forward to serving our friends and neighbors.

Please visit our NEW WEBSITE:

[www.hanovercommunitycenter.com](http://www.hanovercommunitycenter.com)

Or call (610) 317-8701

Cathy Heimsoth - Recreation Director

Fran Taglang - Asst. Recreation Director

Robert Cepin - Asst. Recreation Director

## Senior Programming

Our goal is to provide a variety of activities of interest to the seniors in our community. Most of the activities will be from 1 pm to 3 pm, Monday's through Thursdays. Come to try something new...Come to meet new people...Come with friends to have an afternoon out together! We will try to keep as many activities as possible FREE of charge.

### Monday

***EVERY Monday Watch a Movie or Play some Cards...***

**Afternoon Matinee** (1pm - 3pm) New releases & oldies on a big screen. Popcorn & soda served. Movie suggestions welcomed! **FREE**

**Card Games** (1pm - 3pm) Canasta, Rummy, Bridge (if we have 4+ interested), or card games of your choice. Don't know how to play these games, NO PROBLEM, we'll teach you! Great way to boost your Brain Power! Popcorn & tea/coffee served. **FREE**

**Third Monday of the Month ~ Book Discussion** (2:30pm - 3:30pm) Each month we'll discuss a new book using Reading Guides. BAPL Bookmobile will be here with next month's book. **FREE**

## Tuesday

**1st Tuesday ~ Cooking Class** (1pm - 3pm) Focus on inexpensive, easy-to-prepare meals. Includes demo, recipes, & SAMPLES! **Registration Required!**  
**Cost \$1 members/\$3 non-members**

**2nd Tuesday ~ "What's Up for Seniors" Speakers** (1pm - 3pm) Different speakers each month. Topics: PACE/PACENET; Medicare Cost increases; Meet Jay Finnegan, Township Manager; and more! **FREE**

**3rd Tuesday ~ Pickle Ball** (1pm - 3pm) Paddle ball game in the gym. A fun way to get some exercise!  
**FREE**

**4th Tuesday ~ "Special Interest" Speakers** (1pm - 3pm) Different speakers each month. Topics: Winter/Indoor Gardening; Marcellus Shale-Pros & Cons; and more! **FREE**

## Wednesday

**1st Wednesday ~ Red Hat Luncheon** ~ For ladies of all ages, over 50 wear red hat/purple clothes, under 50 wear pink hat/lavender clothes. HAT is NOT required! Different restaurant each month, prizes, lots of fun!!!  
**Cost of your meal**

**2nd Wednesday ~ How to Topics/Activity** (1pm - 3pm) In November, "Get Acquainted" Speed Session Join other seniors for a fun afternoon at this speed session. Ask questions & rotate from person-to-person as you meet new people or get to know someone better. Light refreshments. **FREE**

**3rd Wednesday ~ Afternoon Bingo with a Twist!** (1pm - 3pm) Cash games, as well as prizes from area businesses! Concession stand will be open.  
**\$1 per game, winner takes 50%.**

**4th Wednesday ~ LIVE Entertainment!** (1pm - 3pm) Different entertainers each month. In November, Hal Brister will croon for us, feel free to wear your dancing shoes! Call for schedule. **\$2 members/\$5 non-members**

## Thursday

**Nintendo Wii Sports** (1pm - 3pm) We'll try Bowling first...bowling without the heavy ball—no strain on your arm/hand, just lots of fun! NO BOWLING EXPERIENCE REQUIRED—BEGINNERS WELCOME!!! Popcorn & tea/coffee served. **FREE**

**Games** (1pm - 3pm) Mah Jong, Rummikub, Hand & Foot, etc. Don't know how to play these games, NO PROBLEM, we'll teach you! Great way to boost your Brain Power! Popcorn & tea/coffee served. **FREE**

## Exercise Classes

**Young @ Heart Low Impact Aerobics** ~ Mon., Wed. & Friday (8:30am to 9:15am)

**Young @ Heart Yoga/Balance/Toning** ~ Tuesday & Thursday (8:30am to 9:30am)

**Hatha Yoga** ~ Monday (7pm to 8pm)

**Spinning** ~ Monday (9:30am to 10:30am)  
Wednesday (10am to 10:30am)  
Friday (9:30am to 10:15am)

**Pilates** ~ Wednesday (7pm to 8pm)

**Tai Chi** ~ Wednesday (9:30am to 10am)

**PULSE CHS Class ~ Tuesday & Thursday** (9 am - 9:30 am) Frank from Coordinated Health tailors the course to individual needs with an emphasis on core strength and balance. Great for people who have joint pain, arthritis, or have been inactive & want to improve their physical fitness! \$76 members/\$80 non-members

## And MORE Things to Do

Look in our current Program Guide for classes on:

- Art
- Ceramics
- Extreme Couponing
- EBay Basics
- Computer Basics
- TOPS Club—Take Off Pounds Sensibly - weight-loss support group
- AARP Safe Driving Course (get insurance discount!)
- CPR classes
- Dog & Cat First Aid
- Bingo—1st Thursday of the Month—cash prizes
- Holiday Shopping Showcase
- Use the Pool during the summer for a small fee, including Water Aerobic classes
- Community Dinners, Festivals, Etc.