## Art

**Animals in Art** – Explore how animals appear in art through history and across cultures, from ancient cave drawings to modern masterpieces.

**Art Lab** – Discover drawing, painting, printmaking, and more while exploring new techniques and creative styles.

**Craft Works** – Try a new craft each week, from seasonal projects to upcycling, with fun, creative guidance for all skill levels.

**Painter's Studio** – Explore painting styles, techniques, and surfaces while building skills and creativity at any level. *New!*

## Healthy Choices- Movement

**Cardio & Karaoke** – Sing, move, and groove with fun, easy rhythmic exercises set to your favorite songs.

**Cardio Drumming** – Boost energy with rhythmic drumming and full-body movement using drumsticks, music, and exercise balls. *New!*

**Zumba Gold®**- A low-impact, joint-friendly dance fitness class with accessible movements that can be done seated or standing. *New!*

**Functional Fitness**- This inclusive fitness class uses fun, adaptable activities to build strength, balance, flexibility, coordination, and everyday movement skills while promoting independence, confidence, and social connection in a supportive environment. *New!*

## Healthy Choices- Cooking

**Cook & Conquer** – Build kitchen confidence by planning, prepping, and cooking simple meals while learning everyday cooking skills.

**Delicious Discoveries** – Explore new cuisines, recipes, and kitchen techniques while creating delicious meals.

**Supported Chefs** – Build cooking skills with hands-on lessons, extra support, and fun recipes in a welcoming kitchen.

**Dinner Club** – An engaging class focused on strengthening cooking skills and social connections in a relaxed setting *New!*

## Music

**Limitless Beats** – Build confidence and creativity through collaborative music-making, structured activities, and improvisation.

**Listening Lounge** – Explore favorite songs, artists, and music history through engaging conversation and shared discovery.

**Rhythm & Connection** – Build social skills through music with songs, instruments, movement, and rhythm-based activities.

## Storytelling & Performance

**Intro to Theater** – Explore acting through role-play, improv, movement, and group games while building expression, social skills, and confidence.

**Book Club** – Read engaging stories aloud, explore characters and plot, and enjoy interactive group discussions in a welcoming setting.

**Creative Writing** – Explore stories, poetry, journaling, and more in a supportive class that encourages creativity and self-expression.

**Dungeons & Dragons** – Join our beginner-friendly social adventure, "Escape from Dungeon Craven," where teamwork, storytelling, and imagination bring fantasy to life. *New!*

# GROUP CLASSES

at Circle Haven's
Community Enrichment Center
12 Girard RD S Glassboro, NJ

circlehaven.org

**SUMMER 2026**

## MON

12pm- Limitless Beats
1pm- Delicious Discoveries
2pm- Art Lab
3pm- Animals in Art
3pm- Cook & Conquer
4pm- Painter's Studio *New!*

## TUES

10am- Art Lab
10am- Cardio & Karaoke
1pm- Supported Chefs
2pm- Craft Works
3pm- Limitless Beats
4pm- Delicious Discoveries
4pm- Cardio Drumming *New!*
5pm- Dinner Club *New!*
6pm- Intro to Theater

## WED

12pm- Art Lab
1am- Delicious Discoveries
2pm- Limitless Beats
4pm- Art Lab
5pm- Listening Lounge
6pm- Zumba Gold® *New!*

**$250/mo**
for 1 class per week

See Back for Class Details

## THUR

10am- Functional Fitness *New!*
11am- Cardio Drumming *New!*
12pm- Rhythm & Connection
4pm- Art Lab
5pm- Cardio & Karaoke
5pm- Art Lab
6pm- Dungeons & Dragons *New!*

## FRI

10am- Book Club
11am- Creative Writing

**The opportunity for additional support staffing can be accomodated if needed.**

## VIRTUAL

**TUES** 1pm- Monsters in Media:
A fun look at how monsters appear in TV, movies, and cartoons, exploring different versions, meanings, and designs through clips and discussions.

**FRI** 11am- Who's That 'Mon?:
Inspired by Pokémon and their real-world and mythological origins, explore creative discussions and sketch your own imaginative creatures!

Contact us to schedule a
Free Consultation and for more information!
856-226-3647
info@circlehaven.org

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