

January 2018 Newsletter

The Senior Will be closed on January 1 and January 15th.

Tues, Jan 9 Gardening Educational Session from 9:30-11:00am

We will have Charles and Shiyrah Crowther from Grandview Mushroom farm visit. They will be talking about their mushroom farm and will inoculate a log for us to grow our own mushroom log. In April we will be visiting the mushroom farm to learn more about how nourishing mushrooms are grown in an outdoor controlled environment. Cost \$2.00 to reserve your space.

Technology Class with Patrick- Friday, January 26 from 12-1:30pm

This is an interactive / information class- you will learn better and safer ways to use the internet, shop online, Facebook, computer fraud and much more. There is no charge for this class. Sign up at the Senior Center.

Doodle, Letter, Journal – Mondays Jan 29, Feb 26, March 26, Apr 30 from 11-1pm

Join us for this year long journey into doodling, lettering and journaling our own creative books while learning different artistic techniques along the way. No experience necessary. Betty will teach from 11-12pm and then you will have the option to stay till 1pm to work on finishing up each month's projects. Cost \$20 for the first 4 months of this class.

Book Club - Monday, January 22 at 9:30am.

We will be meeting on the 4th Monday to discuss the book and introduce a new book. Sign up at the senior center.

Start the New Year off right and join us for one of our many group fitness classes we offer!

Mondays from 1-2pm - Tai Chi- Joint and Balance (classes will begin Monday, Jan 29)

This exercise class will focus on improving one's balance, flexibility, muscular strength, mobility, help to decrease pain and prevent falls. Space is limited. \$2/class

Tuesdays from 1:15-2:30pm- Gentle Yoga

Combines traditional/modified yoga postures and breathing techniques. Come improve your overall health through understanding your body better and leave feeling refreshed and reenergized. Gentle movement is modified to allow the class to be completed by a standing or seated participant; all levels of fitness are welcome. Space is limited. \$2/class

Wednesday from 9:30-10:30am -Arthritis Exercise Program

Helps alleviate pain and stiffness, maintain range of motion, improve balance and coordination, increase endurance and overall health. This is a seated class with health tips given on steps you can take to healthier living. Space is limited. \$2/class.

Thursday from 9:15am Intermediate Class Line Dancing

For dancers with some prior line dance experience. High beginner and intermediate dances will be taught with more complicated steps and at a faster pace. Students may move up to this class when they feel they are ready. Space is limited. \$2/class.

Thursday from 10:10-11am Beginner Class Beginner Line Dancing

For students, new to line dancing. Several easy beginner dances will be taught in each class. Instruction will proceed at an easy pace and repetition will be emphasized. Appropriate supportive shoes should be worn such as tennis shoes, boots, and flats. High heels and backless shoes are not appropriate. Safety is a priority. Space is limited. \$2/class.

Thursday from 12:30-2:00pm Ageless Adventures in Movement

Uses movement as a language to express an idea. As we explore some issues of aging and learn the basics of creative movement. We'll learn to use the elements of dance to tell our stories and explore the concept of the relationship between dance and the well-being of mind, body and spirit. No prior dance experience is necessary. We'll build our dance vocabulary as we go! This is an ongoing class \$2/class.

Thursday from 2:15-3:30pm- Gentle Yoga

Combines traditional/modified yoga postures and breathing techniques. Come improve your overall health through understanding your body better and leave feeling refreshed and reenergized. Gentle movement is modified to allow the class to be completed by a standing or seated participant; all levels of fitness are welcome. Space is limited. \$2/class

Fridays from 9:30-10:20am -Movin'N Groovin

Focuses on stretching, cardio, light weights and having fun! All taught to music! Learn safe ways to improve muscles to make every day activities easier. Emphasis is on improving and maintaining overall health from head to toe. You won't want to miss this class. All levels are welcome. Space is limited. \$2/class.

Looking for new Fitness Instructor:

We are looking for a certified group fitness instructor that loves teaching seniors to teach on Fridays at 9:30am. If you are interested, please contact Alicia at 663-1307.

