

MARY ALICE WARREN COMMUNITY CENTER

FEBRUARY 2025 UPCOMING PROGRAMS

AMERICAN MAHJONG

EVERY MONDAY, 1:00PM-5:00PM (NO CLASS FEB. 17)

CLASS IS FREE! REGISTRATION IS REQUIRED. NEW CLASSES BEGIN FIRST MONDAY OF EACH MONTH. TO REGISTER CONTACT KATHY RYCKMAN, RYCKMAN6@GMAIL.COM

BLOOD DRIVE

FEBRUARY 12, 1:00PM-5:30PM

TO SIGN UP TO GIVE BLOOD [CLICK HERE](#) AND SEARCH BY ZIP CODE OR SPONSOR CODE: LEWISVILLE TO MAKE AN APPOINTMENT. FOR MORE INFORMATION CONTACT THE AMERICAN RED CROSS AT [336-289-0325](tel:336-289-0325).

CARD GAME CLASS

EVERY WEDNESDAY, 1:00PM-4:00PM

CLASS IS FREE! JOIN INSTRUCTOR BETH DELLER AS SHE WILL BE TEACHING DIFFERENT CARD GAMES. THE FIRST GAME SHE WILL BE TEACHING IS PENNIES FROM HEAVEN. REGISTRATION IS REQUIRED. TO REGISTER CONTACT DEBRA THOMPSON AT DEBRALOUISE1012@GMAIL.COM OR [336-926-4120](tel:336-926-4120) OR CONTACT BETTY BARKER AT [336-416-4166](tel:336-416-4166).

COLORED PENCIL EXPLORERS

FEBRUARY 8, 11:00AM-1:00PM

DO YOU LOVE COLORED PENCILS AND WANT TO CONNECT WITH OTHERS WHO FEEL THE SAME? THEN JOIN US TO CONNECT WITH AND GET TO KNOW OTHERS WHO ENJOY CREATING WITH COLORED PENCILS. REGISTER BY EMAIL TO SHMORRISART@GMAIL.COM.

COLORED PENCIL OPEN DRAW

FEBRUARY 3, 10, & 24, 10:00AM-12:00PM

OPEN DRAW IS FREE! FOR QUESTIONS OR MORE INFORMATION EMAIL SUSAN MORRIS AT SHMORRISART@GMAIL.COM

DRAWING IN INK, GRAPHITE, & COLORED PENCIL

FEBRUARY 13, 20, 27, MARCH 6 & 13, 9:45AM-12:00PM

THIS CLASS WILL EXPLORE USING SEVERAL DRAWING MEDIUMS IN ISOLATION AND IN COMBINATION. HOW CAN YOU EFFECTIVELY COMBINE VARIED MEDIUMS TO CREATE COHESIVE AND EXPRESSIVE ART WORK? HOW DO YOU DECIDE WHICH MEDIUMS TO USE AND IN WHAT QUANTITIES? HOW DO YOU CHOOSE WHICH PAPER TO USE FOR DIFFERENT MEDIUMS AND VARIED SUBJECT MATTER? WE WILL EXPLORE, EXPERIMENT, AND ENJOY TOGETHER. COST FOR THE 5 SESSIONS IS \$67. FOR QUESTIONS OR TO REGISTER EMAIL SKWIMBISH@GMAIL.COM.

EXPLORATIONS IN INK WORKSHOP

FEBRUARY 1, 9:30AM-12:00PM & 1:00PM-3:30PM

FEBRUARY 8, 9:30AM-12:00PM

INK IS AN AMAZING MEDIUM THAT CAN PRODUCE HIGHLY DETAILED DRAWINGS. USED ALONE OR COMBINED WITH OTHER MEDIUMS, IT MIGHT BE WHAT'S MISSING IN YOUR ART PRACTICES. THIS WORKSHOP ASSUMES NO PRIOR EXPERIENCE WITH PEN AND INK. SESSIONS 1 AND 2 ON FEB. 1 IS \$52 FOR THE FULL DAY WORKSHOP WITH ALL INK AND PAPER SUPPLIES PROVIDED. SESSION 3 ON FEB. 8 IS \$21 WITH BRUSH AND PAPER SUPPLIES PROVIDED. IF YOU ALREADY HAVE NIB, PEN, BOTTLE OF INK, THE COST IS \$42. TO REGISTER OR FOR QUESTIONS EMAIL SKWIMBISH@GMAIL.COM.

GÜIPIL BILINGUAL BOOK CLUB AND JOURNALING

FEBRUARY 11, 6:00PM-7:30PM

THIS BOOK CLUB-STYLE ACTIVITY OFFERS PARTICIPANTS A UNIQUE OPPORTUNITY TO ENGAGE WITH BILINGUAL TEXTS THAT REFLECT DIVERSE CULTURAL NARRATIVES AND TO USE WRITING AS A TOOL FOR PERSONAL DISCOVERY AND EXPRESSION. ALL SESSIONS ARE FREE! REGISTRATION IS REQUIRED. TO REGISTER CONTACT REBECASEGBRE@GMAIL.COM.

JEWELRY MAKING CLASS

FEBRUARY 12, 9:00AM-11:00AM & 11:30AM-1:30PM

LEARN HOW TO CHOOSE YOUR JEWELRY-MAKING MATERIALS AND PUT THEM TOGETHER INTO A SIMPLE, PRETTY NECKLACE OR BRACELET SET. EXPERIENCED DESIGNERS WILL BE PRESENT TO GUIDE YOU THROUGH THE PROCESS FROM BEGINNING TO END. \$20.00 INCLUDES INSTRUCTION AND SUPPLIES. TO REGISTER OR FOR MORE INFORMATION CONTACT THE SHEPHERD'S CENTER AT [336-748-0217](tel:336-748-0217).

LINE DANCING

EVERY TUESDAY, 5:30PM-7:30PM

\$7 PER CLASS. CONTACT JACKIE PHILLIPS TO REGISTER AT [727-776-1555](tel:727-776-1555) OR JPWOMAN@MSN.COM

MEDITATIVE MOVEMENT

FEBRUARY 5, 12, 19 & 26, 10:30AM-12:00PM & FEBRUARY 13 & 27, 6:00PM-7:30PM

DISCOVER A WAY TO TRANSFORM AND RELEASE NEGATIVE THOUGHTS AND FEELINGS AND IMPROVE OVERALL HEALTH AND WELLBEING THROUGH MOVEMENT. THE GENTLE, FLUID MOVEMENT SEQUENCES IN MEDITATIVE MOVEMENT ARE A DISTINCTIVE COMBINATION OF ANCIENT, TRADITIONAL EASTERN MARTIAL ART FORMS COMBINED WITH CONTEMPORARY INSIGHT AND KNOWLEDGE FOR A UNIQUELY WELL ROUNDED AND COMPREHENSIVE HOLISTIC MOVING MEDITATION. CLASS IS FREE BUT REGISTRATION IS REQUIRED. PLEASE TEXT OR EMAIL INSTRUCTOR BETH BEAN TO REGISTER, [336-408-9899](tel:336-408-9899) OR ELBEDAL99@GMAIL.COM.

MOBILITY & FLEXIBILITY CLASS

EVERY MONDAY AND WEDNESDAY, 11:00AM-12:00PM

WINSTON WELL-BEING WILL BE OFFERING CLASSES ON MOBILITY AND FLEXIBILITY TRAINING FOR LIVING YOUR BEST LIFE. THE MONTHLY SERIES OF 6 CLASSES IS \$100. FOR MORE INFORMATION AND TO REGISTER PLEASE CALL MICHAEL FITZPATRICK AT (336) 995-6910 OR EMAIL AT WINSTONWELLBEING@GMAIL.COM.

MOMMY & ME CLASSES

MUSIC & MOVEMENT - TUESDAY'S, 10:00AM-11:00AM & THURSDAY'S, 9:00AM-10:00AM & 10:00AM-11:00AM

BOUCING BABIES PLAYGROUP - TUESDAY'S, 11:00AM-12:00PM

YOU & ME STYLE CLASSES WHERE YOU DANCE, HOP, WIGGLE, MARCH AND SING ALONG TO SONGS. \$57 PER MONTH OF CLASSES. TO REGISTER [CLICK HERE](#).

PHOTOGRAPHING YOUR ARTWORK

FEBRUARY 15, 1:00PM-4:00PM

AS AN ARTIST, SUBMITTING HIGH QUALITY PHOTOS WHEN APPLYING FOR EXHIBITS AND ART SHOWS IS VITAL FOR SUCCESS. IN THIS WORKSHOP, AAW'S MEMBER KAREN VOHS WILL DEMONSTRATE TECHNIQUES FOR: CREATING HIGH QUALITY IMAGES OF YOUR WORK & LEARNING TECHNIQUES FOR SETTING UP AND LIGHTING YOUR ARTWORK AT HOME. COST FOR THE CLASS IS \$35 FOR MEMBERS OF ASSOCIATED ARTISTS OF WINSTON-SALEM AND \$50 FOR NON-MEMBERS. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION EMAIL INFO@ASSOCIATEDARTISTS.ORG.

POLYMER CLAY SESSION

FEBRUARY 3, 10, 17, & 24, 1:00PM-2:30PM

COME EXPLORE THE VAST AND WONDROUS WORLD OF POLYMER CLAY. 1ST WEEK - PENS (THEY ARE A BIG HIT), 2ND WEEK - ORNAMENT OR PIN, 3RD WEEK - EASY FREEFORM PENDANT, 4TH WEEK - FINISH PROJECT IF NEEDED OR FAST PROJECT. ALL PROJECTS ARE EASY TO MAKE, BUT THE BEST PART IS THAT YOU CANNOT MAKE A MISTAKE! THEY MAKE GREAT GIFTS - IF YOU CAN PART WITH YOUR LITTLE WORKS OF ART! \$25 INCLUDES INSTRUCTION AND SUPPLIES. YOU MUST BE REGISTERED TO ATTEND. CLASS IS LIMITED. PLEASE CALL [336-748-0217](tel:336-748-0217) TO REGISTER.

POWERFUL TOOLS FOR CAREGIVERS

FEBRUARY 20, 27, MARCH 6 & 13, 20, & 27, 11:00AM-12:30PM

CARING FOR AN OLDER RELATIVE OR FRIEND WITH A CHRONIC ILLNESS SUCH AS DEMENTIA, HEART DISEASE, PARKINSON'S DISEASE OR STROKE CAN BE STRESSFUL PHYSICALLY, EMOTIONALLY AND FINANCIALLY. POWERFUL TOOLS FOR CAREGIVERS IS AN EVIDENCED-BASED EDUCATIONAL PROGRAM DESIGNED TO PROVIDE YOU WITH THE TOOLS YOU NEED TO TAKE CARE OF YOURSELF. REGISTRATION IS REQUIRED! SPACE IS LIMITED. TO REGISTER, CONTACT MEREDITH BROWN ROBBINS WITH THE SHEPHERD'S CENTER OF GREATER WINSTON-SALEM AT MBROBBINS@SHEPHERDSCENTER.ORG OR (336) 748-0217.

SHAG DANCE CLASS

FEBRUARY 3, 10, 17, & 24, 6:00PM-7:00PM

LEARN THE FUNDAMENTALS OF THIS POPULAR CAROLINA DANCE WITH BASIC STEPS, TURNS AND STYLE. PRACTICE IS YOUR GOAL TO MASTER UPPER-LEVEL STEPS TO BEACH MUSIC THAT MOVES YOU TO THE FLOOR! COST IS \$50 FOR THE 4-CLASS SESSION. FOR MORE INFORMATION AND TO REGISTER PLEASE CALL INSTRUCTOR SUE RICE AT [336-765-7898](tel:336-765-7898).

TAI CHI CLASS

EVERY FRIDAY, 9:00AM-10:00AM

TAI CHI IS A SLOW, GRACEFUL FORM OF EXERCISE OFTEN DESCRIBED AS "A MOVING MEDITATION." IT IS PRACTICED BY MILLIONS OF PEOPLE AROUND THE GLOBE, BECAUSE IT IMPROVES BALANCE, REDUCES STRESS AND OFFERS PAIN RELIEF FOR THOSE WITH ARTHRITIS AND OTHER CHRONIC CONDITIONS. A \$2 DONATION IS SUGGESTED FOR EACH CLASS. FOR QUESTIONS ALL THE SHEPHERD'S CENTER AT [336-748-0217](tel:336-748-0217).

YOGA CLASS

EVERY TUESDAY, 6:00PM-7:00PM

THIS CLASS IS OPEN TO ALL YOGIS- FROM BEGINNERS TO ADVANCED. WE WILL FLOW FROM POSTURE TO POSTURE WORKING ON STRENGTH, BALANCE, AND MOBILITY. PLEASE BRING YOUR OWN MAT AND ANY SUPPORTS (BLOCKS, STRAPS, ETC) YOU LIKE. CLASS IS FREE! FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL KAROLYN AT KAKILPINEN@GMAIL.COM.

ZUMBA CLASS

EVERY MONDAY & WEDNESDAY, 6:30PM-7:30PM

JOIN INSTRUCTOR TAYLOR LAZEAU FOR THIS ZUMBA CLASS FOR ALL LEVELS. \$7 PER CLASS. TO REGISTER PLEASE CONTACT TAYLOR AT TAYLORLAZEAU@GMAIL.COM.

FOR DETAILED INFORMATION ON ALL PROGRAMS PLEASE [CLICK HERE](#)

SIGN UP TO GET MONTHLY PROGRAM UPDATES BY [CLICKING HERE](#)