

# MARY ALICE WARREN COMMUNITY CENTER

## JULY 2024 UPCOMING PROGRAMS

<b>AMERICAN MAHJONG</b>	CLASS IS FREE! REGISTRATION IS REQUIRED. NEW CLASSES BEGIN FIRST MONDAY OF EACH MONTH. TO REGISTER CONTACT KATHY RYCKMAN, <a href="mailto:RYCKMAN6@GMAIL.COM">RYCKMAN6@GMAIL.COM</a>
<b>CARD GAME CLASS</b>	EVERY MONDAY, 1:00PM-5:00PM 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 <a href="mailto:DEBRALOUISE1012@GMAIL.COM">DEBRALOUISE1012@GMAIL.COM</a> OR 336-926-4120 OR CONTACT BETTY BARKER AT 336-416-4166.
<b>COLORED PENCIL OPEN DRAW</b>	EVERY WEDNESDAY, 1:00PM-4:00PM FREE OPEN DRAW - JULY 1, 8, 15, 22, & 29, 10:00AM-12:00PM CLASS IS FREE! - SUPPLIES NOT INCLUDED. REGISTER BY EMAIL TO <a href="mailto:SHMORRISART@GMAIL.COM">SHMORRISART@GMAIL.COM</a> .
<b>COLORED PENCIL EXPLORERS</b>	JULY 13, 1:00PM-3:30PM 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 <a href="mailto:SHMORRISART@GMAIL.COM">SHMORRISART@GMAIL.COM</a> .
<b>COOKING CLASS</b>	JULY 2, 9, 16, 23, & 30, 6:00PM-9:00PM WELCOME TO BAKERS, COOKS & TASTERS! WHERE CULINARY ADVENTURE MEETS CAMARADERIE! OUR CLASSES ARE DESIGNED TO BE NOT JUST INFORMATIVE BUT INCREDIBLY FUN, FOSTERING A SENSE OF TOGETHERNESS AND FRIENDLY COMPETITION AMONG MEMBERS. COST PER CLASS IS \$65 FOR NON-MEMBERS AND \$45 FOR MEMBERS. TO REGISTER <a href="#">CLICK HERE</a> . FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL BRITTANY MCCRAY AT <a href="mailto:BRITTANY.TME@GMAIL.COM">BRITTANY.TME@GMAIL.COM</a> .
<b>ENVIRONMENTAL ACTION: SUMMER SERIES</b>	JULY 16, 12:00PM-1:30PM WE ALL WANT CLEAN AIR TO BREATHE, CLEAN WATER TO DRINK, AND HEALTHY SOIL TO GROW FOOD. SPEND AN HOUR WITH PIEDMONT ENVIRONMENTAL ALLIANCE TO LEARN ABOUT THE WAYS WE ARE TAKING ACTION TO PROTECT THE NATURAL RESOURCES AROUND US. REGISTRATION IS NOT REQUIRED AND FOLKS OF ALL AGES ARE WELCOME TO JOIN. EVENT IS FREE WITH SNACKS INCLUDED. PLEASE EMAIL JESSICA ROWE AT <a href="mailto:JESSICA@PEANC.ORG">JESSICA@PEANC.ORG</a> WITH ANY QUESTIONS.
<b>FAMILY ART POP-IN</b>	JULY 27, 12:00PM-3:00PM FAMILIES WILL EXPLORE VARIOUS MATERIALS THAT THEY WILL THEN USE TO CREATE A MIXED-MEDIA SELF-PORTRAIT COLLAGE. THIS IS AN OPPORTUNITY FOR CHILDREN AGES 5-12 TO TURN ORDINARY OBJECTS INTO EXCITING WORKS OF ART THAT REPRESENT WHO THEY ARE. CLASS IS FREE! TO REGISTER <a href="#">CLICK HERE</a> . FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT <a href="mailto:CBOYNTON@INTOTHEARTS.ORG">CBOYNTON@INTOTHEARTS.ORG</a> OR (336) 747-1431.
<b>FUNCTIONAL LONGEVITY</b>	JULY 8, 12:30PM-1:30PM MICHAEL FITZPATRICK, FUNCTIONAL AGING SPECIALIST AND OWNER OF WINSTON WELL-BEING, WILL BE HERE TO TALK ABOUT FUNCTIONAL LONGEVITY. FUNCTIONAL LONGEVITY SIMPLY MEANS STAYING ACTIVE AND INDEPENDENT. CONTINUING TO DO THE THINGS WE NEED, WANT AND LOVE TO DO FOR AS LONG AS WE CAN. THIS INFORMATIVE SESSION WILL EXPLORE THE AGING PROCESS, OUR ATTITUDES TOWARDS AGING AND HOW WE CAN OPTIMIZE OUR PHYSICAL ABILITY AS WE AGE. FOR MORE INFORMATION AND TO GET REGISTERED PLEASE CALL MICHAEL FITZPATRICK AT 336-995-6910 OR EMAIL AT <a href="mailto:WINSTONWELLBEING@GMAIL.COM">WINSTONWELLBEING@GMAIL.COM</a> .
<b>LINE DANCING</b>	EVERY TUESDAY, 5:30PM-7:30PM \$7 PER CLASS. CONTACT JACKIE PHILLIPS TO REGISTER AT 727-776-1555 OR <a href="mailto:JPWOMAN@MSN.COM">JPWOMAN@MSN.COM</a>
<b>MOBILITY &amp; FLEXIBILITY CLASS</b>	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 \$90. FOR MORE INFORMATION AND TO REGISTER PLEASE CALL MICHAEL FITZPATRICK AT (336) 995-6910 OR EMAIL AT <a href="mailto:WINSTONWELLBEING@GMAIL.COM">WINSTONWELLBEING@GMAIL.COM</a> .
<b>MOMMY &amp; ME CLASSES</b>	MUSIC TO MY EARS - TUESDAY'S 10:00AM-11:00AM & THURSDAY'S, 9:00AM-10:00AM & 10:00AM-11:00AM (NO CLASS JULY 4 & 30) STORY TIME ART - TUESDAY'S, 11:15AM-12:00PM (NO CLASS JULY 30) YOU & ME STYLE CLASSES WHERE YOU DANCE, HOP, WIGGLE, MARCH AND SING ALONG TO SONGS OR CREATE ART BASED ON BOOKS. \$43 PER MONTH OF CLASSES. TO REGISTER <a href="#">CLICK HERE</a> .
<b>REYNOLDA HOUSE DISCOVERY LESSON</b>	JULY 20, 10:00AM-11:30AM REYNOLDA DISCOVERY LESSONS PROMOTE READING READINESS AND VISUAL LITERACY FOR PRESCHOOLERS THROUGH DRAMATIC PLAY, MUSIC, MOVEMENT, AND ARTMAKING, USING A WORK OF ART OR ITEM FROM REYNOLDA'S COLLECTION AS A STARTING POINT. DURING THIS DISCOVERY LESSON WE WILL PRACTICE CLOSE-LOOKING SKILLS TO LEARN ABOUT GARDEN PHLOX, OR PHLOX PANICULATA. WE WILL USE A THINKING ROUTINE TO LEARN MORE ABOUT THE PAINTING PHLOX, DAVID JOHNSON 1827-1908. PARTICIPANTS WILL ALSO HAVE THE OPPORTUNITY TO PLANT THEIR OWN PHLOX TO TAKE HOME, RE-CREATE THE PAINTING ON A CANVAS AND USE A VARIETY OF MAGNIFYING TOOLS TO CLOSELY STUDY THE ATTRIBUTES OF THE FLOWER. TO REGISTER <a href="#">CLICK HERE</a> . FOR QUESTIONS, CONTACT JANIE BASS AT <a href="mailto:JANIE@REYNOLDA.ORG">JANIE@REYNOLDA.ORG</a> OR (336) 758-6271.
<b>STORY TIME SERIES</b>	JULY 27, 10:30AM-11:30AM COME LISTEN AND PARTICIPATE IN FUN STORYTELLING WITH ROBERT MOYER. CLASS IS FREE! TO REGISTER <a href="#">CLICK HERE</a> . FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT <a href="mailto:CBOYNTON@INTOTHEARTS.ORG">CBOYNTON@INTOTHEARTS.ORG</a> OR (336) 747-1431.
<b>SHAG DANCE CLASS</b>	JULY 8, 15, 22, & 29, 6:00PM-7:00PM JOIN INSTRUCTOR SUE RICE AS SHE TEACHES A BEGINNER SHAG DANCE CLASS. LEARN HISTORY, NOSTALGIA, WHERE TO SHAG DANCE, SOS DATES, AND MORE! NO PARTNER IS NEEDED TO BEGIN. PLEASE WEAR SMOOTH BOTTOM SHOES. BEACH MUSIC PROVIDED FOR PRACTICE. COST IS \$50 FOR THE 4-CLASS SESSION. FOR MORE INFORMATION AND TO REGISTER PLEASE CALL INSTRUCTOR SUE RICE AT 336-765-7898.
<b>SWING DANCE LESSONS &amp; CONCERT</b>	JULY 6, 10:00AM-12:00PM ALWAYS WANTED TO LEARN TO SWING DANCE? THIS IS YOUR CHANCE! LEARN FROM EXPERIENCED INSTRUCTORS FROM CAT'S PAJAMAS AND DANCE TO MUSIC BY SALEM SWING BAND. THE LESSON IS FREE AND GEARED TOWARDS BEGINNER. FOR MORE INFORMATION CONTACT EILEEN YOUNG, MUSIC DIRECTOR VIA EMAIL AT <a href="mailto:MUSICDIRECTOR@SALEMBAND.ORG">MUSICDIRECTOR@SALEMBAND.ORG</a>
<b>SOUND BATH MEDITATION</b>	JULY 26, 3:00PM-4:00PM IMMERSE YOURSELF IN THE SOOTHING SOUNDS AND VIBRATIONS THAT WILL HELP YOU RELAX AND UNWIND. THIS IN-PERSON EVENT IS A GREAT OPPORTUNITY TO DESTRESS AND FIND INNER PEACE. NO EXPERIENCE REQUIRED! COST FOR THE CLASS IS \$30. TO REGISTER <a href="#">CLICK HERE</a> . FOR MORE INFORMATION OR QUESTIONS CONTACT SUSAN MORRIS AT <a href="mailto:HEARTTOHEARTVIBRATIONS@OUTLOOK.COM">HEARTTOHEARTVIBRATIONS@OUTLOOK.COM</a> .
<b>TAI CHI CLASS</b>	JULY 5, 12, 19, & 26, 9:00AM-10:00AM TAI CHI IS A SLOW, GRACEFUL FORM OF EXERCISE OFTEN DESCRIBED AS "A MOVING MEDITATION." TODAY IT IS PRACTICED REGULARLY 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. CLASS IS FREE! YOU MUST BE REGISTERED TO ATTEND. CLASS SIZE IS LIMITED. CALL THE SHEPHERD'S CENTER AT 336-748-0217 TO REGISTER.
<b>WET FELTING CLASS</b>	JULY 1, 8, 15, 22, & 29, 8:30AM-12:30PM LEARN TO WET WOOL BY MAKING A PIECE OF HANDMADE FELT FABRIC. WHAT TO BRING: A SPRAY BOTTLE, OLDTOWEL, APRON AND YOUR IMAGINATION. OTHER SUPPLIES ARE INCLUDED. CLASS IS FREE. YOU MUST BE REGISTERED TO ATTEND. CLASS SIZE IS LIMITED. CALL THE SHEPHERD'S CENTER AT 336-748-0217 TO REGISTER.
<b>YOGA CLASS</b>	JULY 11 & 25, 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. \$5/PERSON, PAYABLE VIA CASH OR VENMO/APPLEPAY. TO REGISTER <a href="#">CLICK HERE</a> . FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL KAROLYN AT <a href="mailto:KAKILPINEN@GMAIL.COM">KAKILPINEN@GMAIL.COM</a> .
<b>ZUMBA CLASS</b>	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 <a href="mailto:TAYLORLAZEAU@GMAIL.COM">TAYLORLAZEAU@GMAIL.COM</a> .

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

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

(336)-866-0525

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