

MARY ALICE WARREN COMMUNITY CENTER

MARCH 2025 UPCOMING PROGRAMS

EVERY MONDAY, 1:00PM-5:00PM

AMERICAN MAHJONG

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

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

CARD GAME CLASS

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.

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

COLORED PENCIL EXPLORERS

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.

EVERY MONDAY, 10:00AM-12:00PM

COLORED PENCIL OPEN DRAW

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

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

GÜIPIL BILINGUAL BOOK CLUB AND JOURNALING

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 REBECASEGEBRE@GMAIL.COM.

MARCH 29, 11:30AM-3:00PM

HEALTHY PLANET, HEALTHY PEOPLE

WILD ONES CNC AND THE FOOTHILLS GROUP OF THE SIERRA CLUB ARE PLEASED TO PRESENT A SERIES OF PROGRAMS FOCUSED ON THE INTERCONNECTION BETWEEN THE HEALTH OF OUR PLANET EARTH AND ITS INHABITANTS. OUR REGION IS RICH IN DIVERSITY OF PLANTS AND ANIMALS. WE WILL SHARE STORIES ABOUT THE LOCAL FORESTS AND THE WILDLIFE THAT LIVE AND PASS THROUGH HERE. YOU WILL SEE AND HEAR ABOUT THE BEAUTY OF OUR NATIVE PLANTS AND FLOWERS, THE SONGS OF OUR BIRDS AND THE FLIGHTS OF OUR BUTTERFLIES. LEARN FROM PEOPLE WHO HAVE A DEEP UNDERSTANDING OF OUR NATURAL RESOURCES. THE PROGRAM IS FREE AND OPEN TO ALL AGES.

MARCH 29TH AGENDA: 11:30AM-12:30PM-ALL-AGES STREAM EXPLORATION. **1:00-2:00PM**-LECTURE BY KATHY JOHNSON ON STORMWATER MANAGEMENT TECHNIQUES FOR THE HOME LANDSCAPE. **2:00-3:00PM**-DISCUSSION FACILITATED BY JOHN CALHOUN ON THE IMPORTANCE AND STATUS OF WETLANDS AND WATER QUALITY IN OUR REGION. FOR MORE INFORMATION, PLEASE CONTACT SIHAM MUNTASSER AT WILDONESCENTRALNORTHCAROLINA@GMAIL.COM.

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

LINE DANCING

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

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

MEDITATIVE MOVEMENT

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](tel:(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

BOUNCING 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](#).

PAINTING REALISTIC GLASS AND METAL OBJECTS

MARCH 8, 9:00AM-3:30PM

A FULL-DAY WORKSHOP WITH MASTER OIL PAINTER VIKTORIA MAJESTIC, SHE'LL TEACH STUDENTS HOW TO CAPTURE THE LIGHTING AND REFLECTIONS IN METAL AND GLASS. YOU'LL RECEIVE ONE-ON-ONE INSTRUCTION AND ENHANCE YOUR PAINTING SKILLS! COST FOR THE CLASS IS \$25 FOR MEMBERS AND \$35 FOR NON-MEMBERS. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION EMAIL INFO@ASSOCIATEDARTISTS.ORG.

POWERFUL TOOLS FOR CAREGIVERS

FEBRUARY 27, MARCH 6, 13, 20, 27, & APRIL 3, 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](tel:(336)748-0217).

SHAG DANCE CLASS

MARCH 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 CALL THE SHEPHERD'S CENTER AT [336-748-0217](tel:336-748-0217).

WINSTON-SALEM SYMPHONY SERENADES

MARCH 16, & 30, 3:00PM-4:00PM

SYMPHONY SERENADES, BROUGHT TO YOU BY THE WINSTON-SALEM SYMPHONY PERFECT FOR MUSIC FANS OF ALL AGES, THIS ONE-HOUR PERFORMANCE WILL FEATURE A VARIETY OF MUSICAL STYLES THAT HIGHLIGHT THE EXPRESSIVE POWER OF VARIOUS PARTS OF THE ORCHESTRA. PREPARE TO HEAR SOMETHING FAMILIAR AND SOMETHING BRAND NEW! MARCH 16TH FEATURES "PRIVATE LABEL STRINGS" AND MARCH 30TH FEATURES A STRING DUO OF CORINE BROUWER AND WILEY PORTER. TO RESERVE YOUR FREE TICKET [CLICK HERE](#).

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](#)