

MARY ALICE WARREN COMMUNITY CENTER

OCTOBER 2024 UPCOMING PROGRAMS

AMERICAN MAHJONG

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

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

BLOOD DRIVE

OCTOBER 9, 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).

COLD WAX TECHNIQUES

OCTOBER 5, 1:00PM-4:00PM

IN THIS BASIC SKILLS WORKSHOP, ARTISTS ARE INTRODUCED TO THE SUPPLIES, TECHNIQUES, AND SURFACES USED TO CREATE PAINTINGS WITH COLD WAX MEDIUM AND OIL PAINT. NO EXPERIENCE NECESSARY. THIS IS A CLASS FOR BEGINNERS AS WELL AS EXPERIENCED ARTISTS. COST FOR MEMBERS IS \$35 AND \$50 FOR NON-MEMBERS. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL INFO@ASSOCIATEDARTISTS.ORG.

COLORED PENCIL OPEN DRAW

OCTOBER 7, 14, 21 & 28, 10:00AM-12:00PM

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

COLORED PENCIL EXPLORERS

OCTOBER 12, 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 SHMORRISART@GMAIL.COM.

FAMILY ART POP-IN

OCTOBER 26, 12:00PM-3:00PM

JOIN ISSIS KELLY AS YOU LEARN HOW TO CREATE YOUR OWN WONDERFUL MARBLE PUMPKINS, JUST IN TIME FOR HALLOWEEN. CLASS IS FREE! TO REGISTER [CLICK HERE](#). FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT CBOYNTON@INTOTHEARTS.ORG OR [\(336\) 747-1431](tel:336-747-1431).

GUIPIL BILINGUAL BOOK CLUB

OCTOBER 8, 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. [CLICK HERE](#) TO REGISTER. FOR MORE INFORMATION OR QUESTIONS CONTACT REBECASEGEBRE@GMAIL.COM.

JEWELRY MAKING CLASS

OCTOBER 9, 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).

LAMAZE CLASS

OCTOBER 5, 8:00AM-12:00PM

LAMAZE CHILDBIRTH EDUCATION IS NOT JUST ABOUT BREATHING. THE GOAL OF LAMAZE CLASSES IS FOR ALL PARENTS TO LEARN ABOUT WHAT TO EXPECT THROUGHOUT LABOR AND BIRTH AND EARLY PARENTING. CLASSES ARE BASED ON MEDICAL EVIDENCE AND DESIGNED WITH GOAL OF HELPING PARENTS FEEL CONFIDENT, SUPPORTED AND POWERFUL AS THEY USE THE INFORMATION LEARNED IN CLASSES TO ASK QUESTIONS, MAKE DECISIONS AND NAVIGATE THEIR PATH THROUGH PREGNANCY, BIRTH AND CHILDHOOD. COST FOR EACH CLASS IS \$175 PER COUPLE. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION EMAIL SUPPORT@NURTURINGGENERATIONS.ORG.

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

LIVING ON THE EDGE LUNCH AND LEARN

OCTOBER 24, 11:30AM-1:00PM

JOIN CRISIS CONTROL MINISTRY FOR THIS FREE 90-MINUTE LUNCH AND LEARN. LIVING ON THE EDGE IS AN INTERACTIVE EXPERIENCE ABOUT THE PERCEPTIONS OF POVERTY. PARTICIPANTS WILL LEARN ABOUT THE MISCONCEPTIONS, DISADVANTAGES, AND CONSEQUENCES OF POVERTY IN AMERICA. DISCOVER THE DIFFERENCE BETWEEN SITUATIONAL AND GENERATIONAL POVERTY AND EXPLORE THE CHALLENGE OF HAVING TO CHOOSE BETWEEN ESSENTIAL LIFE NEEDS ON A LIMITED BUDGET. THIS SESSION WILL INCLUDE LUNCH FOR PARTICIPANTS. THE EVENT WILL REQUIRE SOME WALKING FOR ONE OF THE EXERCISES. THE EVENT IS FOR PARTICIPANTS 16 AND UP. TO REGISTER [CLICK HERE](#).

MARLENE KUSER ART CLASS

OCTOBER 8, 3:00PM-5:00PM

JOIN ARTIST MARLENE KUSER AS SHE TEACHES 4 FREE ART CLASSES FOR AGES 10+! LEARN TO MAKE A MIRROR IMAGE CLAY PENDANT. NO EXPERIENCE NEEDED. REGISTRATION IS REQUIRED. TO REGISTER [CLICK HERE](#). FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT CBOYNTON@INTOTHEARTS.ORG OR [\(336\) 747-1431](tel:336-747-1431).

EVERY WEDNESDAY, 10:30AM-12:00PM (NO CLASS OCTOBER 2)

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.

MEDITATIVE MOVEMENT

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](tel:336-995-6910) OR EMAIL AT WINSTONWELLBEING@GMAIL.COM.

MOBILITY & FLEXIBILITY CLASS

MUSIC & MOVEMENT - TUESDAY'S, 10:00AM-11:00AM & 1:30PM-2:30PM & 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. \$47 PER MONTH OF CLASSES. TO REGISTER [CLICK HERE](#).

MOMMY & ME CLASSES

OCTOBER 12, 1:00PM-4:00PM

ANY PLACE, ANY SUBJECT, ANY METHOD OR MEDIUM...EVERYTHING IS DRAWABLE! SPEND AN AFTERNOON WITH JENNIFER EDWARDS DRAWING EVERYTHING FROM THE CHAIRS WE SIT IN, TO THE SNACKS WE EAT. YOU WILL LEARN A VARIETY OF TECHNIQUES FOR SKETCHING AND DOCUMENTING YOUR DAILY LIFE IN A SKETCHBOOK. COST FOR MEMBERS IS \$15 AND NON-MEMBERS IS \$30. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION EMAIL INFO@ASSOCIATEDARTISTS.ORG.

PEN & PENCIL SKETCHING

OCTOBER 6 & 20, 2:00PM-4:00PM

LEARN ESSENTIAL SEWING SKILLS TO CRAFT HANDMADE ITEMS FOR BABIES IN THIS 4-PART SERIES BY NEWBORNS IN NEED. NO SEWING EXPERIENCE REQUIRED, THOUGH BASIC ABILITY TO OPERATE A SEWING MACHINE IS HELPFUL. IF YOU HAVE YOUR OWN SEWING MACHINE PLEASE BRING IT. WE HAVE A FEW THAT CAN BE PROVIDED IF YOU DO NOT HAVE ONE. REGISTRATION IS REQUIRED. TO REGISTER [CLICK HERE](#). FOR ANY QUESTIONS PLEASE CONTACT PIEDMONTTRIAD@NEWBORNSINNEED.ORG.

SEWING ESSENTIALS FOR NEWBORNS

OCTOBER 25, 3:00PM-4:00PM

A SOUND BATH IS AN IMMERSIVE, FULL BODY, LISTENING EXPERIENCE THAT USES SOUND TO CREATE THERAPEUTIC AND RESTORATIVE RELAXATION TO NURTURE YOUR MIND AND BODY. COST OF THE CLASS IS \$30. TO REGISTER PLEASE CALL [\(719\) 425-7671](tel:719-425-7671). FOR MORE INFORMATION OR QUESTIONS CONTACT SUSAN MORRIS AT HEARTTOHEARTVIBRATIONS@OUTLOOK.COM.

SOUND BATH

OCTOBER 27, 2:00PM-4:00PM

UNLOCK THE SECRET TO A HEALTHIER YOU THIS COLD AND FLU SEASON WITH A TWO-HOUR WORKSHOP THAT STRENGTHENS THE IMMUNE SYSTEM THROUGH THE POWER OF MOVEMENT. COST IS \$20 PER PERSON. TO REGISTER [CLICK HERE](#). PLEASE CONTACT BETH IF YOU HAVE ANY QUESTIONS, ELBEDAL99@GMAIL.COM OR [336-408-9899](tel:336-408-9899).

STRENGTHEN YOUR IMMUNE SYSTEM WORKSHOP

OCTOBER 26, 10:30AM-11:30AM

COME LISTEN AND PARTICIPATE IN FUN STORYTELLING WITH R.V. KUSER. CLASS IS FREE! TO REGISTER [CLICK HERE](#). FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT CBOYNTON@INTOTHEARTS.ORG OR [\(336\) 747-1431](tel:336-747-1431).

STORY TIME SERIES

SEPTEMBER 9, 16, 23, & 30, 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).

SHAG DANCE CLASS

OCTOBER 4, 11, 18, & 25, 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. CLASS IS FREE! YOU MUST BE REGISTERED TO ATTEND. CLASS SIZE IS LIMITED. CALL THE SHEPHERD'S CENTER AT [336-748-0217](tel:336-748-0217) TO REGISTER.

TAI CHI CLASS

OCTOBER 27, 3:00PM-4:00PM

BROUGHT TO YOU BY THE WINSTON-SALEM SYMPHONY. PERFECT FOR MUSIC FANS OF ALL AGES, THESE 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! FOR QUESTIONS, PLEASE CONTACT [\(336\) 464-0145](tel:336-464-0145).

WINSTON SALEM SYMPHONY SERENADE

OCTOBER 15, 22, & 29, 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.

YOGA 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.

ZUMBA CLASS

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

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