

# MARY ALICE WARREN COMMUNITY CENTER

## AUGUST 2024 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](mailto:RYCKMAN6@GMAIL.COM)

AUGUST 7, 1:00PM-5:00PM

**BLOOD DRIVE** 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.

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](mailto:DEBRALOUISE1012@GMAIL.COM) OR 336-926-4120 OR CONTACT BETTY BARKER AT 336-416-4166.

AUGUST 24, 1:00PM-4:00PM

**COLOR THEORY & MIXING CLASS** THIS CLASS EXPLORES HOW COLORS RELATE TO EACH OTHER AND HOW TO COMBINE COLORS TO ACHIEVE A DESIRED HUE OR TINT. COLOR THEORY EXPLORES THE CHARACTERISTICS OF COLOR FOLLOWING THE MUNSELL COLOR SYSTEM FOLLOWING THE LEGACY OF ALBERT H. MUNSELL AND HIS DEDICATION TO HELPING PEOPLE COMMUNICATE COLOR EASILY AND ACCURATELY. COST FOR MEMBERS IS \$35 AND NON-MEMBERS IS \$50. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL [INFO@ASSOCIATEDARTISTS.ORG](mailto:INFO@ASSOCIATEDARTISTS.ORG).

FREE OPEN DRAW - AUGUST 5, 12, 19, & 26, 10:00AM-12:00PM

**COLORED PENCIL OPEN DRAW** CLASS IS FREE! - SUPPLIES NOT INCLUDED. REGISTER BY EMAIL TO [SHMORRISART@GMAIL.COM](mailto:SHMORRISART@GMAIL.COM).

AUGUST 17, 1:00PM-3:30PM

**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](mailto:SHMORRISART@GMAIL.COM).

AUGUST 6, 13, 20, & 27, 6:00PM-9:00PM

**COOKING CLASS** 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 [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL BRITTANY MCCRAY AT [BRITTANY.TME@GMAIL.COM](mailto:BRITTANY.TME@GMAIL.COM).

AUGUST 31, 12:00PM-3:00PM

**FAMILY ART POP-IN** LEARN TO CREATE YOUR UNIQUE PIECE OF "FLUID ART", A PAINTING TECHNIQUE THAT INVOLVES POURING PAINT ONTO A CANVAS WITHOUT USING A BRUSH. CLASS IS FREE! TO REGISTER [CLICK HERE](#). FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT [CBOYNTON@INTOTHEARTS.ORG](mailto:CBOYNTON@INTOTHEARTS.ORG) OR (336) 747-1431.

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](mailto:JPWOMAN@MSN.COM)

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

**MOBILITY & FLEXIBILITY CLASS** 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 [WINSTONWELLBEING@GMAIL.COM](mailto:WINSTONWELLBEING@GMAIL.COM).

MUSIC TO MY EARS - TUESDAY'S 10:00AM-11:00AM & THURSDAY'S, 9:00AM-10:00AM & 10:00AM-11:00AM (NO CLASS AUGUST 1 & 6)

**MOMMY & ME CLASSES**

STORY TIME ART - TUESDAY'S, 11:15AM-12:00PM (NO CLASS AUGUST 6)

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 [CLICK HERE](#).

AUGUST 31, 10:30AM-11:30AM

**STORY TIME SERIES**

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

AUGUST 5, 12, 19, & 26, 6:00PM-7:00PM

**SHAG DANCE CLASS**

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.

AUGUST 9, 10:00AM-12:00PM

**SLEEP SOUNDLY WORKSHOP**

ARE YOU STRUGGLING TO GET A GOOD NIGHT'S SLEEP? IS FALLING ASLEEP OR STAYING ASLEEP A NIGHTLY CHALLENGE? JOIN US FOR AN INFORMATIVE TWO-HOUR WORKSHOP DESIGNED FOR THOSE WHO TOSS AND TURN ALL HOURS OF THE NIGHT, WHEN THEY SHOULD BE RESTING PEACEFULLY. A GOOD NIGHT'S REST IMPROVES EVERY ASPECT OF YOUR LIFE. TAKE CHARGE OF YOUR SLEEP ROUTINE AND FEEL BETTER, LIVE BETTER! COST FOR THE WORKSHOP IS \$20. EMAIL [ELBEDAL99@GMAIL.COM](mailto:ELBEDAL99@GMAIL.COM) TO REGISTER OR CALL OR TEXT 336-408-9899.

AUGUST 2, 9, 16, 23, & 30, 9:00AM-10:00AM

**TAI CHI CLASS**

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.

AUGUST 8 & 22, 6:00PM-7:00PM

**YOGA CLASS**

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 [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION PLEASE EMAIL KAROLYN AT [KAKILPINEN@GMAIL.COM](mailto:KAKILPINEN@GMAIL.COM).

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

**ZUMBA CLASS**

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

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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