

# Mary Alice Warren Community Center

## August 2026 Upcoming Programs

### ADULT ACTING IMPROV

**August 13, 6:30pm-7:30pm**

Improv training and practice for adults. No experience required. Cost for the class is \$10. To register email Heather Schenck at [HLSchenck@gmail.com](mailto:HLSchenck@gmail.com).

### AMERICAN MAHJONG

**Every Monday, 1:00pm-4:30pm**

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).

### BEGINNER HAND EMBROIDERY CLASS

**August 29, 10:00am-11:30am**

This class is for anyone wanting to learn a fun new hobby! In each class you will be provided with all the materials you need, live teaching, and a finished product to take home! Cost for each class is \$45. To register [CLICK HERE](#). For questions or more information email [embroider.joy1@gmail.com](mailto:embroider.joy1@gmail.com).

### BLOOD DRIVE

**August 5, 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).

### COLORED PENCIL OPEN DRAW

**Every Monday, 10:00am-1:00pm**

Open Draw is FREE! For questions or more information email [president@cpsa125.org](mailto:president@cpsa125.org).

### FAMILY ART DROP-IN

**August 1, 12:00pm-3:00pm**

Arts Council of Winston-Salem & Forsyth County is hosting hands-on visual arts classes and workshops led by professional art instructors, including free art activities geared toward youth and families. All Classes are FREE! For more information [CLICK HERE](#).

### GROWN UP & ME CLASS

**Music & Movement - Tuesday's 10:00am-11:00am & Thursday's, 9:00am-10:00am & 10:00am-11:00am**

You & Me style classes where you dance, hop, wiggle, march and sing along to songs. \$55 per month of classes. To register [CLICK HERE](#).

### LET'S PLAY PENNIES

**Every Wednesday, 1:00pm-4:00pm**

CLASS IS FREE! Pennies from Heaven is a form of canasta, but with more strategy. Its akin to Hand & Foot canasta. Beware! Its a lot of fun but becomes very addictive. To Register contact Debra Thompson at [debralouise1012@gmail.com](mailto:debralouise1012@gmail.com) or contact Dawn Shannon at [336-829-6464](tel:336-829-6464).

## LINE DANCING

**Every Tuesday, 3:30pm-7:00pm**

\$7 per class. Class Schedule - 3:30pm (Basic Beginner), 4:30pm (Low Intermediate), 5:30pm (Beginner), 6:15pm (Improver/Request).

Contact Jackie Phillips to register at [\(336\) 909-7511](tel:3369097511) or [jpwoman213@gmail.com](mailto:jpwoman213@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 classes is \$100. For more information and to register please call Michael Fitzpatrick at [\(336\) 995-6910](tel:3369956910) or email at [winstonwellbeing@gmail.com](mailto:winstonwellbeing@gmail.com).

## SWING DANCE CONCERT

**August 28, 7:00pm-9:30pm**

Join Salem Swing Band for a swing dance in Lewisville! All ages and levels welcome. This is a free community event.

Wear sneakers or comfortable soft-soled shoes. Music provided by your Salem Swing Band, led by Dr. Eileen Young. For more information email [musicdirector@salemband.org](mailto:musicdirector@salemband.org).

## STORY TIME SERIES

**August 1, 10:30am-11:30am**

Come listen and participate in a fun storytelling performance with the following storytellers! Each session is FREE! For more information [CLICK HERE](#).

## SYMPHONY SERENADES

**August 27, 7:00pm-8:00pm & August 30, 3:00pm-4:00pm**

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. August 27 features a String Quartet and August 30 features the HealthRhythms Drum Circle. To reserve your FREE ticket [CLICK HERE](#). For questions or more information please call [\(336\) 725-1035](tel:3367251035).

## 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 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:3367480217).

## YOGA CLASS

**Every Tuesday, 6:00pm-7:00pm (No Class Aug. 4)**

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](mailto:kakilpinen@gmail.com).

**For Detailed Information on All Programs [CLICK HERE](#)**

**Sign Up to Get Monthly Program Updates by [CLICKING HERE](#)**