

MARY ALICE WARREN COMMUNITY CENTER

JANUARY 2025 UPCOMING PROGRAMS

AMERICAN MAHJONG

EVERY MONDAY, 1:00PM-5:00PM (NO CLASS JAN. 20)
CLASS IS FREE! REGISTRATION IS REQUIRED. NEW CLASSES BEGIN FIRST MONDAY OF EACH MONTH. TO REGISTER CONTACT KATHY RYCKMAN, RYCKMAN6@GMAIL.COM

CARD GAME CLASS

EVERY WEDNESDAY, 1:00PM-4:00PM (NO CLASS JAN. 1)
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 OR CONTACT BETTY BARKER AT 336-416-4166.

COLOR MY SOUL VISION DAY

JANUARY 11, 9:00AM-5:00PM
CREATE YOUR ULTIMATE VISION FOR 2025 TO ALIGN YOUR LIFE FOR YOUR BEST YEAR POSSIBLE! DR. KATHERINE KELLY, HOLISTIC PSYCHOLOGIST, LEADS YOU IN SETTING A THEME FOR THE NEW YEAR USING VISUALIZATION, MEDITATION, HEALING SOUND, AROMATHERAPY, COLOR AND EMPOWERING GEMSTONES, TO CREATE AND MANIFEST YOUR OPTIMAL LIFE. \$149.00 FOR 1 PERSON. \$290.00 FOR 2 PEOPLE. (PAID BY VENMO OR ZELLE). \$155.00 FOR 1 PERSON. \$302.00 FOR 2 PEOPLE. (PAID BY PAYPAL). FEE INCLUDES ALL SUPPLIES INCLUDING PAINT, CANVAS, HEALING GEMSTONES AND ESSENTIAL OILS. FOR MORE INFORMATION AND TO REGISTER [CLICK HERE](#). FOR QUESTIONS EMAIL KKELLY@DRKATHERINETKELLY.COM.

COLORED PENCIL EXPLORERS

JANUARY 11, 11:00AM-1:00PM
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.

COLORED PENCIL OPEN DRAW

JANUARY 6, 13, & 27, 10:00AM-12:00PM
OPEN DRAW IS FREE! FOR QUESTIONS OR MORE INFORMATION EMAIL SUSAN MORRIS AT SHMORRISART@GMAIL.COM

INTRODUCTION TO WATERCOLOR PAINTING

JANUARY 11, 11:00AM-1:00PM
IN THIS CLASS, STUDENTS WILL BECOME FAMILIAR WITH WATERCOLOR THROUGH EXPLORING THE POSSIBILITIES OF THE MEDIUM. STUDENTS WILL LEARN BOTH LOOSE VERSUS REALISTIC STYLES AND OTHER TECHNIQUES SUCH AS WET ON DRY, WET ON WET, LINE AND WASH. COST FOR THE CLASS IS \$35 FOR MEMBERS AND \$50 FOR NON-MEMBERS. NOTE THERE IS A \$5 SUPPLIES FEE FOR THIS CLASS, PAYABLE TO THE INSTRUCTOR IN CASH AT THE TIME OF THE CLASS. TO REGISTER [CLICK HERE](#). FOR QUESTIONS AND MORE INFORMATION EMAIL INFO@ASSOCIATEDARTISTS.ORG.

JEWELRY MAKING CLASS

JANUARY 8, 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).

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 & LEARN

JANUARY 30, 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. THE EVENT WILL REQUIRE SOME WALKING FOR ONE OF THE EXERCISES. THE EVENT IS FOR PARTICIPANTS 16 AND UP. TO REGISTER [CLICK HERE](#).

MEDITATIVE MOVEMENT

JANUARY 8, 15, 22 & 29, 10:30AM-12:00PM & JANUARY 9 & 23, 6:00PM-7:30PM

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 (NO CLASS JAN. 1 & 20)
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.

MOMMY & ME CLASSES

MUSIC & MOVEMENT - TUESDAY'S, 10:00AM-11:00AM & 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](#).

SHAG DANCE CLASS

JANUARY 6, 13, 21, & 27, 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 ALL THE SHEPHERD'S CENTER AT [336-748-0217](tel:336-748-0217).

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 (NO CLASS JAN. 1 & 20)
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](#)