

Mary Alice Warren Community Center

July 2026 Upcoming Programs

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.

BEGINNER HAND EMBROIDERY CLASS

July 18, 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.

CHESS GROUP

July 5 & 19, 2:00pm-4:00pm

Join the West Forsyth County Chess players to learn, play, or discuss chess. There is no cost but registration is required. To register email tommyjssmilegallery@gmail.com or text Thomas at [\(931\) 267-6716](tel:9312676716).

COLORED PENCIL OPEN DRAW

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

Open Draw is FREE! For questions or more information email president@cpsa125.org.

GROWN UP & ME CLASS

Music & Movement - Tuesday's 10:00am-11:00am & Thursday's, 9:00am-10:00am & 10:00am-11:00am (No Class July 2)

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 or contact Dawn Shannon at [336-829-6464](tel:3368296464).

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.

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:(336)995-6910) or email at winstonwellbeing@gmail.com.

SWING DANCE LESSONS AND CONCERT

July 11, 10:00am-12:00pm

Always wanted to learn to swing dance? This is your chance! Learn from experienced instructors from Cat's Pajamas and dance to music by Salem Swing Band. The lesson is free and geared towards beginners - anyone can participate or just watch and listen. For more information email musicdirector@salemband.org.

SYMPHONY SERENADES

July 26, 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. Prepare to hear something familiar and something brand new! July 26 features a Jazz Quartet. To reserve your FREE ticket [Click Here](#). For questions or more information please call [\(336\) 725-1035](tel:(336)725-1035).

TAI CHI CLASS

Every Friday, 9:00am-10:00am (No Class July 3)

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: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

July 13 & 27, 6:00pm-7:00pm

Join Instructor Taylor Lazeau for this Zumba Class for all levels! \$10 per class. For more information and to register please contact Taylor Lazeau at taylorlazeau@yahoo.com.

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

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