

MARY ALICE WARREN COMMUNITY CENTER

NOVEMBER 2024 UPCOMING PROGRAMS

AMERICAN MAHJONG

EVERY MONDAY, 1:00PM-5:00PM (NO CLASS NOV. 11)
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
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).

COLORED PENCIL OPEN DRAW

NOVEMBER 4, 18, & 25, 10:00AM-12:00PM
OPEN DRAW IS FREE! FOR QUESTIONS OR MORE INFORMATION EMAIL SUSAN MORRIS AT SHMORRISART@GMAIL.COM

COLORED PENCIL EXPLORERS

NOVEMBER 9, 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.

ETCHED GLASS ORNAMENTS

NOVEMBER 20, 6:30PM-8:30PM
COME ENJOY A FREE HANDS-ON INTRODUCTION TO CREATING UNIQUE ORNAMENTS AND GLASSWARE FOR THE HOLIDAYS USING ETCHING PASTE. NO EXPERIENCE NECESSARY. EACH PARTICIPANT WILL MAKE AT LEAST TWO ITEMS TO TAKE HOME. CREATORS WILL BE ENCOURAGED TO TRY DIFFERENT DESIGN METHODS, INCLUDING STENCILS, TAPING/BLOCKING, AND FREEHAND PAINTING. FOR AGES 11 AND OLDER. TO REGISTER [CLICK HERE](#). FOR QUESTIONS PLEASE EMAIL JAN.H.MCMANUS@GMAIL.COM.

FAMILY ART POP-IN

NOVEMBER 23, 12:00PM-3:00PM
JOIN ISSIS KELLY AS YOU LEARN HOW TO CREATE YOUR OWN HOLIDAY WATER COLOR. PAINT YOUR OWN, UNIQUE WATER COLOR TO CAPTURE THE CHANGING SEASONS. 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

NOVEMBER 12, 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

NOVEMBER 13, 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

NOVEMBER 2, 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

MARLENE KUSER ART CLASS

NOVEMBER 12, 3:00PM-5:00PM
JOIN ARTIST MARLENE KUSER AS SHE TEACHES 4 FREE ART CLASSES FOR AGES 10+! LEARN TO MAKE A GEMSTONE BONZAI TREE. THESE MINIATURE TREES ARE MADE OUT OF GEMSTONE CHIPS AND WIRE, AND ARE BEAUTIFUL, EASY AND FUN TO MAKE. NO EXPERIENCE NEEDED. 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).

MEDITATIVE MOVEMENT

EVERY WEDNESDAY, 10:30AM-12:00PM (NO CLASS NOV. 27)
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 NOV. 11)
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.

MOMMY & ME CLASSES

MUSIC & MOVEMENT - TUESDAY'S, 10:00AM-11:00AM & 1:30PM-2:30PM & THURSDAY'S, 9:00AM-10:00AM & 10:00AM-11:00AM (NO CLASS NOV. 28)
BOUNCING 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](#).

NATIVE AMERICAN DANCE AND ART EXHIBITIONS

NOVEMBER 9, 12:00PM-4:00PM
THIS FREE PROGRAM WILL PROVIDE ATTENDEES AN OVERALL VIEW AND TRUE PERSPECTIVE OF INDIGENOUS PEOPLES/NATIVE AMERICAN CULTURE WHILE HAVING HANDS ON EXPERIENCES WITH ARTS/CRAFTS AND DANCES. PARTICIPANTS WILL BE ABLE TO HAVE THE OPPORTUNITY TO DANCE VARIOUS SOCIAL DANCES AND LEARN ABOUT THE RICH CULTURE WE HAVE HERE IN NC AND LOCAL AREAS. FOR QUESTIONS EMAIL PATRICKJSUAREZ@GMAIL.COM.

PERSONAL JOURNALING WITH JENNIFER WILLARD

OCTOBER 25, 3:00PM-4:00PM
THIS WORKSHOP WILL OFFER THE BASICS FOR GETTING STARTED WITH PERSONAL JOURNALING USING SIMPLE MATERIALS. WE WILL LEARN TO PLAY, MAKE A MESS, AND HAVE FUN. THIS CLASS WILL PROVIDE A SPACE TO EXPERIMENT WITH ART MATERIALS, DRAWINGS, COLLAGES AND HOW TO USE ART TO REFLECT AND EXPRESS EMOTIONS. STUDENTS MUST BRING A SKETCHBOOK/JOURNAL WITH HEAVIER PAPER APPROPRIATE FOR MIXED MEDIA ARTWORK AND A PERSONAL PHOTO. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION EMAIL INFO@ASSOCIATEDARTISTS.ORG.

REYNOLDA HOUSE DISCOVERY LESSON

NOVEMBER 23, 10:00AM-11:30AM
DURING THIS DISCOVERY LESSON PARTICIPANTS WILL BE INTRODUCED TO PORTRAITS PAINTED IN TRUE LIKENESS AS YOU LEARN MORE ABOUT THE ELEGANCE AND ARTFULNESS OF THIS TIME. LEARN MORE ABOUT THE PAINTING ANNA DOROTHEA FOSTER AND CHARLOTTE ANNA DICK BY GILBERT STUART (C. 1755-1828) THROUGH THE EXPLORATION OF HANDI-CRAFTS, A DRAMATIC PLAY TEA STATION, AND CREATING A SELF-PORTRAIT. TO REGISTER [CLICK HERE](#). FOR QUESTIONS, CONTACT JANIE BASS AT JANIE@REYNOLDA.ORG OR (336) 758-6271.

SOUND BATH

NOVEMBER 22, 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. FOR MORE INFORMATION OR QUESTIONS CONTACT SUSAN MORRIS AT HEARTTOHEARTVIBRATIONS@OUTLOOK.COM.

STORY TIME SERIES

NOVEMBER 23, 10:30AM-11:30AM
COME LISTEN AND PARTICIPATE IN FUN STORYTELLING WITH EDWARD ROBSEN. CLASS IS FREE! TO REGISTER [CLICK HERE](#). FOR MORE INFORMATION OR QUESTIONS CONTACT CÉCILE BOYNTON AT CBOYNTON@INTOTHEARTS.ORG OR (336) 747-1431.

SHAG DANCE CLASS

NOVEMBER 4, 12, 18, & 25, 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

NOVEMBER 1, 8, 15, & 22, 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! FOR QUESTIONS ALL THE SHEPHERD'S CENTER AT [336-748-0217](tel:336-748-0217).

WREATH MAKING CLASS

NOVEMBER 16, 1:00PM-4:00PM
DECORATE AN 18" HOLIDAY THEME GRAPEVINE WREATH. REGISTRATION FEE \$39. YOUR REGISTRATION INCLUDES ONE 18-INCH GRAPEVINE WREATH, YOUR CHOICE OF RIBBONS, AND ASSORTED DECORATIONS TO COMPLETE YOUR WREATH DESIGN. YOUR INSTRUCTOR, SUSAN POWERS, WILL WALK YOU THROUGH SEVERAL DIFFERENT BOW-MAKING TECHNIQUES, WHICH YOU CAN USE TO DECORATE YOUR WREATH, HOLIDAY PACKAGES OR YOUR CHRISTMAS TREE. YOU WILL LEAVE THIS CLASS WITH A COMPLETED WREATH AND SEVERAL BOWS. BRING A HOT GLUE GUN IF YOU HAVE ONE AND ANY DECORATIONS YOU MAY WANT TO USE. TO REGISTER [CLICK HERE](#). FOR QUESTIONS OR MORE INFORMATION EMAIL INFO@ASSOCIATEDARTISTS.ORG.

WINSTON SALEM SYMPHONY SERENADE

NOVEMBER 24, 3:00PM-4:00PM (RESCHEDULED FROM OCT. 27)
BROUGHT TO YOU BY THE WINSTON-SALEM SYMPHONY. THIS PERFORMANCE WILL BE ELEKTRA WINDS, A WOODWIND QUARTET. TO RESERVE YOUR FREE TICKET [CLICK HERE](#). FOR QUESTIONS, PLEASE CONTACT (336) 464-0145.

YOGA CLASS

NOVEMBER 5, 12, 19, & 26, 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 NOV. 11)
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](#)