

Center for Active Living



It is a New Year

Well I don't know about you but my holidays sure flew by without me realizing how fast it is going. And now it is the New Year when we set all our goals for the year and wonder when we will forget those goals and break all of our promises to ourselves. You would think we would learn.

We will again be hosting some simple exercise classes and we will be bringing back our technology classes as well. Look for those to come in the upcoming newsletters.

We are always looking for volunteers to help out around here. Much of the help we are looking for does not require major time commitments. If you are interested in helping in any capacity please let me know.

Things we need help with: cleaning, lawn maintenance, website maintenance, class curriculum, teaching or assisting with various classes or programs, driving to deliver meals, etc. Contact me if you are willing to help with anything. Thanks.

If you are on Facebook make sure that you like our page, we are also on Twitter. If you would prefer to receive your newsletter via email and help me save on postage just send me an email and I will get that set up for you as well.

Happy New Year!

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Bountiful Baskets

We are pleased to announce our partnership with this food coop that gives the people of the area another healthy option for fresh produce and other organic foods.

They will be sorting and distributing out of the CAL on their regularly scheduled delivery dates.

If you are interested in finding out more about this Coop and purchasing some of their goods please visit their website at:

www.bountifulbaskets.org

Or check them out on facebook:

www.facebook.com/worthington, mn produce group

Healthy eating is just one way to a long and happy lifestyle.

Sit and Stich Group

Do you do some sort of stitching craft and want to share your love with others just like you?

Come with your projects to work on or share the second Tuesday of each month.

Next meetings:

January 12 @ 6:30pm

February 9th @ 6:30pm

AARP tax help

We will be hosting the AARP tax volunteer helpers here at the CAL. They will be providing free tax counseling and electronic filing of tax returns. They are trained and certified volunteers and will begin appointments on February 1st, 2016.

You must have an appointment and can call today to get one scheduled at 376-6457

Hours of service this year will be:

February 1, 8, 15, 22 & 29,

March 7, 14, 21, 28,

April 4 & 11

from 9am – 2pm

March 3, 10, 17, 24, & April 7

from 9am – 12pm



Exercise Classes

Time to start working off those winter time blues! We will be starting our next round of exercise classes again come February. Give them a try or do them again, regular activity help improve and assists in maintaining your health.

February 2 – 8 weeks – 9:00am – Zumba Gold

Come and get your dance on in a low impact way. Classes are small and informal, easy to follow and learn

Cost: \$10 for members

February 3 – 8 weeks – 9:00am – Tai Chi

February 7 – 8 weeks – 2:00pm – Tai Chi

This form of exercise is recommended by the arthritis foundation to improve joint health

Cost: free to members, \$5 for nonmembers

February 4 – 6 weeks – 9:00am – Balance Class

This class is designed to work on the muscles used specifically to maintain and improve your balance

Cost: \$10 for members

Yoga class detail on next page



iPad and Tablets

Did you get a new iPad or Tablet for Christmas and now you need to learn how to use them? Here is the class for you!

February 22 for 3 weeks

Cost: \$15.00

iPad class – 10:00-11:30

Tablets – 1:30-3:00

Call ad register today and learn how to set up and use your device. Learn basics and some handy tricks to get the most out of your new product.

Center for Active Living

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Worthington, MN 56187

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*You don't stop having fun when
you get old.....you get old when
you stop having fun*

Find us on the Web:

www.centerforactiveliving.com

www.facebook.com/centerforactiveliving

Twitter: @wgtnca

Yoga Classes

Hatha Yoga is the most widely practiced form of yoga in the world; a series of physical postures, or asana, that strengthen and make the body more flexible. The class will learn yoga poses, breathing techniques and meditation with the goal of bringing about a sound, healthy body and a clear mind. Yoga can improve fitness and strength and promote high levels of overall health and energy.

8 week session: \$72, all levels of experience welcome.

Saturdays, 9:00am

Starting January 9, 16, 23, 30, February 6, 13, 20, 27

Instructor: Margaret Hurlbut Vosburgh CYT, RYT

Call today to register 376-6457 or email at
caldirector@frontier.com