

Center for Active Living



Here we go!

Well it is that time of the year again when our schedules are crazy busy and we have no time to just sit back and enjoy the wonderful weather. Funny how we would not like it any other way even though we sometimes complain about it.

I have been very busy writing more grants and developing some really big projects. I hope that they come through and we can turn the Center for Active Living into the place to go for information, education, exercise and entertainment.

I am still interested in hearing ideas from everyone on things they would like to see me bring in.

Also we are about to launch our new website so watch for that! It will be more interactive, hopefully, and will offer online registration.

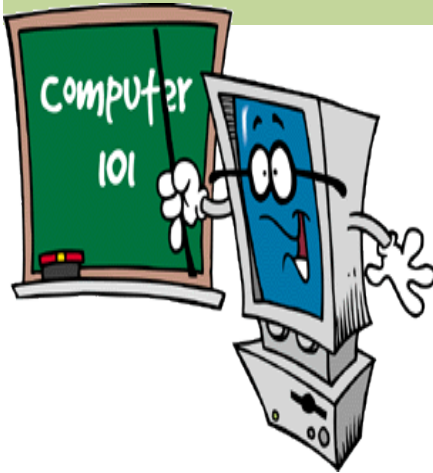
Garden

We are about ready to plant the garden so keep us in mind when buying plants and seeds!

We are looking for people to share their extras so we can get things a growing!

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Computer Fundamentals

The next level of computer classes will begin on:
May 11th at 1:30pm.

These classes are for those that know a little something about computers and how to get around them but would like to learn some more.

These classes are taught for Windows 8.1 users, so those that have home computers that have an older version of

Windows need to understand that things will be a little different.

Cost is only \$10 for members or \$15 for nonmembers.

Call to register 376-6457

Curriculum will be provided so if you miss a date you will be given handouts for review of lessons missed.

*Reminder that we will be closed on
May 25th for the Memorial Day Holiday.*

Zumba Gold

Make sure you are signed up and ready to dance for this fun exercise class!

Wed. May 6th @ 10:00am

This is a low impact version and we are starting out with a learning session where we are going to learn each step one week at a time.

May 6th – Salsa

May 13th – Merengue

May 20th – Cumbia

May 27th – Flamenco

June 3rd – Tango/Belly

June 10th – put them all together and have a Zumba dance session

Put Pain In its Place

This program is designed for anyone with arthritis or a family history of arthritis.

This program is meant to inform the participants about arthritis and pain management so that they feel empowered to make key decisions regarding their health.

The program also introduces participants to self-management techniques and safe exercises that are specific to people with arthritis.

There are currently some 50 million Americans that suffer from the painful disease of arthritis. This program aims to assist in cutting down the number of people suffering from arthritis-related physical activity limitations.

Call today to register 376-6457

Cost: Free to all

Thursday May 14th at 1:00pm

Hope to see you there



Supper Club

Come and join us for an evening of good food and an educational presentation on the country of India.

Linda Lund from the Nobles County Collaborative will be here to present on the culture and traditions of India. She has firsthand experience of the land as she lived in India for several years doing mission work.

We will also be enjoy an aromatic and delicious full meal that will highlight the regions food choices, how they prepare the meal and what sets their food apart from ours.

Date: May 19th @ 6:00pm

Cost: \$12 members, \$16 nonmembers – include the meal

Register by May 15th by calling 376-6457

Look forward to the next Supper Club on June 18th where we will feature the Karen Culture form Burma

Sit and Stitch

Just a reminder that this group still meets the second Tuesday of each month at 6:30 pm here at the CAL.

Here the group shares their joy of all kinds of stitching. Want to learn or get some pointers bring in your projects. Come and socialize with fellow stitchers.



Wine and Art Tour

I had a blonde moment when writing last month's newsletter! Sorry!

The Tour at the Wilde Prairie Vineyard is on **June 29th leaving at 11:30.**

Deadline to sign up is June 22nd. Space is limited call to register 376-6457

Cost: \$38 members, \$42 nonmembers

We will be heading over to Brandon to tour the vineyard, taste some wine, eat some lunch and paint a couple of wine glasses to take home with us.

Date: June 29th @ 11:30

Call to register, should be a fun filled afternoon!

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Find us on the Web:
www.centerforactiveliving.com

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

Jewelry Class

We will be holding another jewelry class on May 19th at 10:00am. Here Jackie from Pizzazz Jewelry will be walking us through a simple jewelry making project.

Register at 376-6457

Cost: \$5 members, \$8 nonmembers

Date: May 19th @ 10:00