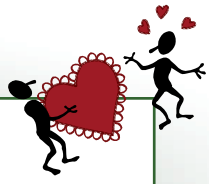
February 2012



The Scoop

Lakewood Activity Center

Volume 37, Issue 2

Words from Elizabeth

What do you call running almost 40 miles in two days, 12 stops to have your picture taken with Disney characters, 4 bathroom breaks, 3 Biofreeze breaks, 2 stops for bananas and a 14-year reunion with a good friend? It's called the Goofy Challenge. I had the wonderful opportunity to participate in a two day race with my good friend that I had not seen in 14 years. We started the year off by meeting at Disney World. We ran a half marathon Saturday (13.1 miles) and a full marathon the next day (26.2 miles). It was a rewarding experience and I have never had such a wonderful time running nearly 40 miles. I was even more grateful to be able to have an extended weekend with just my daughter! I am truly blessed!

A couple of notes: please remember to wear Red in honor of Women & heart disease (see below). Check out the new date for the Basic Beading class. Have you tried the new Line Dancing Class? Everyone is having fun and it brings a smile to my face. Try it! Or something else new!

Elizabeth

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Special Point of Interest:

- Wear Red Day
- Chocolate & Jewels
- SKYPE
- Wii Wednesday

National Wear Red Day

Friday, February 3rd

American Heart Association.

Heart disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year. This means women you know — mothers, sisters, friends — are dying at the rate of one per minute. In fact, in the time it takes to read this, another woman will die from heart disease. It simply does not have to be that way. At the American Heart Association, we work every day to fund research and fight this killer so that more women can be saved. But we need your help. This National Wear Red Day, join our mission to ensure we never have to deny research that could save a woman's life. Help raise the awareness needed for lifesaving educational programs and the development of new treatments to fight heart disease. On Friday, February 3, **Make It Your Mission To Save Lives.**

Wear Red February 3rd and Win a Prize! Stop by the office wearing your red and put your name in a drawing to win a prize!

Contact Information

Coordinator: Elizabeth Scheid
Phone Number: 253-798-4090
Address: 9112 Lakewood Dr SW Lakewood, WA 98499
Email: escheid@cityoflakewood.us
Office Assistant: Debbie Blake
Volunteer Senior Ambassadors: Cheryl Wilpone, Diane Cloquet, Celeste Poechhacker and Linda Wallace.
Advisory Board Members: Greg Koch, Gloria Hill, Lora Wiltfong, Gary & Donna Hoffman, Dolly Shaughnessy, Billie Finley, Gladys Walton, Karrie Monohon and Dave Meyer.

Office Hours
Monday- 8:00am-8:00pm
Tuesday-Friday- 8:00am-5:00pm
Holiday Closure: Monday, February 20th, for President's Day.

Services

Free Tax Preparation

We have the locations for Tax-Aide assistance for the Lakewood and surrounding area. There are several locations offering free tax preparation including several in Lakewood. Please call the office if you need additional locations. We also have ***handouts listing the pertinent information that you should bring with you*** to the tax site as well as the list of other tax locations. Feel free to stop by the office for additional information.

Link to Services & Financial Workshop

Please join South Sound Outreach Services the first Wednesday of the month for a link to services. If you need some assistance or service, please stop by and meet a representative from South Sound Outreach Services. Stop by this month for a special Financial Workshop and learn tips on Budgeting, Housing and Spending Plans. This is the same as our blood pressure screening too!

Wednesday, February 1st, 9am-11am

Blood Pressure Checks

St. Clare Hospital and the Lakewood Senior Activity Center continue to offer our free Blood Pressure checks for older adults. **1st Wednesday of each month.**

Wednesday, February 1st, 9am-12pm

Foot Care

Senior Footcare provides R.N.s and L.P.N.s for foot care and visits the Lakewood Senior Activity Center on **Tuesdays**. This service is by appointment only and costs $27 to be paid to the nurse. You must also bring your own towel. Please call 848-9625 for more information and to make an appointment.

Announcements & Information

Inclement Weather Policy

In case of inclement conditions, please call the Center to make sure we are open before attempting to drive or walk. Our phone number is **798-4090**. We are attempting to keep our doors open; but with heavy snow and rain, things can be unpredictable! We will follow similar guidelines as the school district and Lakewood City Hall. They receive a road report from the Police Department very early in the morning and City Hall operates based on this report. We want everyone to be safe and we do not encourage anyone driving or walking on the roads and sidewalks when it is dangerous!

Volunteers are the Star of the Show!

Thank you to our many volunteers this month: Billie Finley, Pat Harris, Donna Hoffman, Agnes Kelly, Greg Koch, Marianne Meier, Joy McCaw, David Meyer, Carol Miller, Celeste Poechhacker, Dolly Shaughnessy, Joan Smith, Maggie Smith, Linda Wallace, Cheryl Wilpone, Sarah Patsiga and Rowgan Luvu. Please don't forget to sign the volunteer log so we can include your name in the newsletter and make sure you are properly thanked!

Computer Classes

Open Computer Lab

This computer lab is open for use by older adults who would like to practice what they have learned in classes, work on special projects and get hands-on experience using a computer. Volunteers are available each month to share information and answer questions. Free

Fridays, 10 am-12 pm

Moonlight Computer Lab

Are you working on a computer project or just want to ask some computer related questions? Stop by the 2nd & 3rd Monday of the month at 5:30pm. The computers are up and running and talented members of TAPCUG (Tacoma Area PC Users Group) are here to share their talent and wisdom. Everyone is welcome. 2nd Mondays, 5:30pm. Free

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Editing Digital Photos

This class would be perfect to help you organize those holiday photos! Have you taken pictures with your digital camera and they are still in your camera? This class will teach you how to use software to create pictures at home. Learn creative ways to edit and enhance photos. Class includes free photo software. NOTE: If you are interested in learning how to use a digital camera, register for our Digital Camera Class 101.

Session A: Tuesday & Thursday, February 7th & 9th, 10am-12:30pm

Member: $30 Non-Member: $35

Computer Classes

Internet Extravaganza

Learn how to set up and use an e-mail account and other email basics and navigate the internet. You will also learn how to use the Internet for various basic functions. Topics will be selected based on needs and interests of the students but may include shopping, bill payment and financial management or ordering prescriptions.

Tu & Th, March 6th & 8th, 10am-12pm
Member: $40 Non-Member: $45

SKYPE:Family & Friends on your Computer

Interact with your relatives and friends on your computer screen. Learn how to install a web camera and the Skype software for hours of family enjoyment. Check it out! If you own a laptop computer, please bring it to class, If you do not have a web cam, options will be discussed in class.

Tu & Th, April 17th & 19th, 10am-12pm
Member: $30 Non-Member: $35

Beyond the Basics

This class picks up where the Computer Basics class left off. You will learn some more tips and tricks and this class will allow you to further explore your knowledge of computers.

Mon, April 2nd-April 23rd, 10am-12pm
Member: $40 Non-Member: $45

Facebook for Older Adults

Have you heard all about Facebook? Connect securely to lifelong friends, colleagues and family members. The student will learn the basics of opening a Facebook account, posting messages, uploading pictures and joining groups. Jump on the bandwagon and join the craze. If you own a laptop computer, please bring it to class.

Tu &Th, March 27th & 29th, 10am-12pm
Member: $30 Non-Member: $35

Art Classes

Terrific Tablemats-New!

Decorate your table with your photo memories, artwork and garden beauties in practical placemats. Anyone can create these in just a couple of hours. Makes a perfect gift for a friend! Space is limited, sign up soon!

Wed, April 11th-25th, 11:30am-12:30pm
Free

Chocolate and Jewels-

Create a piece of jewelry straight from your heart. Make a beautiful piece just in time for Valentine's Day. Join the fun, indulge in some chocolate while designing the perfect piece of jewelry. This is perfect for a gift or a sweet treat for yourself. Additional kit fee $5.

Wed, February 8th, 1pm-3pm
Member: $5 Non: $7

Jewelry Repair

Do you have a collection of favorite earrings, forgotten necklaces or broken bracelets, their glory days cut short due to missing pieces or worn down parts? Learn to make basic repairs & revitalize your jewelry and add a little flavor and flair. Learn simple techniques and tips to mend your cherished pieces of jewelry.

Wed, April 11th, 1pm-3pm
Member: $2 Non: $4

Art Classes

Basic Beading

Learn the basic techniques: wires, crimping techniques, design theory and learn the basics of jewelry making and then create your very own masterpiece. This class provides a hands-on experience with an opportunity to make a bracelet, earrings or necklace. $5-$10 additional kit fee.

Wednesday, February 29th, 1pm-3pm
Member: $5 Non-Member: $7

New Date!
Space Available!

Sumi Painting

Experience the simple pleasure of Asian ink painting. With practice, a few brush strokes evoke images of bamboo, birds, boats, flowers and Mt. Rainier. Beginners are welcome. Call for supply list.

Session A: Wednesdays, January 18th-February 22nd, 9:30am-11:30am
Session B: March 14th-April 18th, 9:30am-11:30am

Oil Painting for Fun

Beginners to experienced artists will find Carol's class to be a relaxed non-structured classroom environment. All skill levels welcome! Experience the creativity!

Session A: Mondays, March 26th-June 18th, 9:00am-12:00pm
Session B: Mondays, March 26th-June 18th, 12:30pm-3:30pm
Member: $56 Non-Member: $62

Woodcarving

This class is dedicated to the art and skill of woodcarving. It will give the beginner carving enthusiast a solid foundation in the art. It will also help you develop the skills to add a personal and creative touch to your projects. Bring your projects, tools and enthusiasm.

Session A: Fridays, January 13th-March 16th, 9am-12pm
Session A: Fridays, March 30th-June 1st, 9am-12pm

Lifelong Learning

Happy Bookers Book Club

Do you love to read? Do you enjoy meeting others who love good books? Escape the everyday, read a great book and make new friends. Happy Bookers meet once a month to discuss the current book from Pierce County libraries' Book Club Collection (both fiction and non-fiction award-winning books). Free! Come join us for a good read!

This month's featured book is "Rosewater and Soda Bread" by Marsha Mehran. Iranian sister seek refuge in the Irish town of Bellinacroagh.

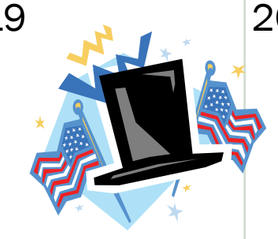
Thursday, February 9th, 10:30am

Creative Writing Workshop 101

Do you have memoirs, poems, or a story you have always wanted to write? Discover how to express yourself and join this group of writers for the encouragement to get started and to sharpen your writing skills. The class also offers suggestions and evaluation of your writing projects.

Session B: Mondays, April 9th-June 11th, 9:30am-11:30am
Fee: $40/Members $45/Non-members

FEBRUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Fit Happens 8am **Blood Pressure Checks 9am-12pm** Sumi Painting 9:30am Fitness & Fun 9:30am SAIL 10:35 am	2 Principles of Photography 9am Stretch & Strengthen 10am **Sassy Scrappers 1pm** Sketch/Color Pencils 1:30pm	3 Fit Happens 8am Woodcarving 9am Fitness & Fun 9:30am Computer Lab 10am SAIL 10:35am Bridge 11:30am	4
5	6 Fit Happens 8am Oil Painting 9am/12:30pm Creative Writing 101 9:30am Fitness & Fun 9:30am Computer Basics 10am SAIL 10:35am Ballroom Dance 4pm Yoga 5:15pm	7 **Cake Day 10am** Stretch & Strengthen 10am **Editing Digital Photos 10am** Mah Jongg 1:30pm **Drop-In Line Dance 3pm**	8 Fit Happens 8am **IKEA Adventure 9am** Sumi Painting 9:30am Fitness & Fun 9:30am **Dessert/Welcome 10am** SAIL 10:35am **Wii Wednesday 11:30am**	9 Principles of Photography 9am Stretch & Strengthen 10am **Editing Digital Photos 10am** **Book Club 10:30am** Sketch/Color Pencils 1:30am **Girls' Night Out! 5pm**	10 Fit Happens 8am Woodcarving 9am **AARP 9am** Fitness & Fun 9:30am Computer Lab 10am SAIL 10:35am Bridge 11:30am	11
12	13 **Fit Happens 8am** Oil Painting 9am/12:30pm Creative Writing 101 9:30am Fitness & Fun 9:30am Computer Basics 10am SAIL 10:35am Ballroom Dance 4pm Yoga 5:15pm Moonlight Computer Lab 5:30pm	14 Footcare 9am Zumba Gold 9am Stretch & Strengthen 10am **Men's Coffee Hour 10am** Mah Jongg 1:30pm **Drop-In Line Dance 3pm**	15 Fit Happens 8am Sumi Painting 9:30am Fitness & Fun 9:30am SAIL 10:35am **Knotty Knitters 1pm**	16 Principles of Photography 9am Stretch & Strengthen 10am Sketch/Color Pencils 1:30pm	17 Fit Happens 8am Woodcarving 9am Fitness & Fun 9:30am Computer Lab 10am SAIL 10:35am Bridge 11:30am	18
19 	20 **Presidents' Day** **Center Closed**	21 Footcare 9am **Stretch & Strengthen 10am** **Men's Coffee Hour 10am** Mah Jongg 1:30pm **Drop-In Line Dance 3pm**	22 Fit Happens 8am Sumi Painting 9:30am **Fitness & Fun 9:30am** **SAIL 10:35am**	23 Principles of Photography 9am Stretch & Strengthen 10am Sketch/Color Pencils 1:30pm	24 Fit Happens 8am Woodcarving 9am Fitness & Fun 9:30am Computer Lab 10am SAIL 10:35am Bridge 11:30am	25 **Who Let the Dogs Out?** **8am**
26	27 Fit Happens 8am Oil Painting 9am/12:30pm Creative Writing 101 9:30am Computer Basics 10am SAIL 10:35am Ballroom Dance 4pm Yoga 5:15pm	28 Footcare 9am **Lunch & Laughs 12pm** Mah Jongg 1:30pm **Drop-In Line Dance 3pm**	29 Fit Happens 8am Fitness & Fun 9:30am SAIL 10:35am **Basic Beading 11am** **Hoppy Leap Day 1pm**			

Lifelong Learning

AARP Driving Class

Drivers who are older than 55 can qualify for a reduction in their auto insurance rates by attending the AARP Driver Safety Program. We are a host site for the AARP Driving Class and offer **one** session every month. Space is limited. You must attend both days on the two-day classes (Class length totals eight hours).

Session B: **Friday, February 10th, 9am-5pm**
Session C: **Thursday & Friday, March 29th & 30th, 9am-1pm**
Session D: **Mondays, April 16th & 23rd, 4pm-8pm- Evening Class!**
Fee: $12.00 AARP members $14.00 Non AARP members

Special Events

Hoppy Leap Day

February 29th is a very special date so "Leap on over and Celebrate!" Jump on over and join your friends for a hoppin' good time! RSVP and we hop to see you there! Bring a healthy snack to share.

Wednesday, February 29th, 1pm
Member: Free Non-Member: $3

Wii Wednesday: Join us for a Wild Time!

Have you ever played Wii? This is your opportunity to try it or show you stuff if you're a seasoned player. Join us for bowling and other games. There is sure to be lots of fun. Call for additional days and times! 2nd Wednesday of the month. Free!

Wednesday, February 8th, 11:30

Monday Night Movies

6th: ***Sea Biscuit*** (2003) True story of the Depression-era racehorse whose win lifted the spirits of the nation. Tobey Maquire and Jeff Bridges star. We will enjoy popcorn with this movie.

13th: ***Moneyball*** (2011) The General Manager of the Oakland A's (Brad Pitt) defies conventional wisdom & outsmarts his competition. Please bring a sack dinner.

20th: **Presidents' Day Center Closed**

27th: ***Funny Girl*** (1968) The life of comedienne Fannie Brice (Barbra Streisand), Please bring a snack to share.

Movies start at 5pm

Sweets & Treats

Girl's Night Out!

Valentine's Day isn't only for mates... Join us for Girl's Night Out without dates! This special occasion comes only once a year; we'd love to celebrate it with your! You will have a sweet time. Pink attire preferred! RSVP by Monday, February 6th.

Thursday, February 9th, 5pm

Members: Free

Non-Members: $3.00

New Member Mingle

Are you a brand new members this year? This special party is to welcome those who are new to our Center in 2012. Enjoy treats , met new friends and pick up a personalized goodie bag. Shift into gear and join the fun! Rev up for the "raciest" party of the year! You will receive your invitation at the end of February!

Lunch & Laughs

This month's comedy will feature; "I Don't Know how she Does it" with Sarah Jessica Parker. Grab your friends and join us for good fun and lots of laughs! Don't forget your lunch.

Tuesday, February 28th, noon

St. Patrick's Day Festival

Friday, March 16th, 1pm

Calling all lads and lassies! Where you go, and whatever you do, may the luck of the Irish, be there with you. A four leaf clover will bring luck your way…especially if you join us on St. Patrick's Day. Please RSVP and bring a healthy snack to share!

Member: Free Non-Member $3.00

Men's Coffee Hour

Join us at 10:00 am, gather to enjoy the fellowship at the "Men's Coffee Club". Come to the Center and have some great coffee, tasty refreshments and great conversations. Please join us Tuesday, Feb-

Dessert of the Month\Welcome Wednesday

Are you new to the Activity Center? Our Center has a myriad of wonderful classes, events, programs just waiting for you. Learn more about what the Center has to offer, please join us the **2nd Wednesday of the Month (February 8th at 10am-12pm)**. This is a great time to get involved or try something new. Enjoy a great dessert too! Sponsored by Narrows Glen.

We also welcome special guest, Debbie LeBeau, Superintendent from the Clover Park School District. Please stop by to say hello and enjoy a special treat!

Best wishes to all of our January birthdays this month! Please come help us celebrate Cake Day, Tuesday, February 7th from 10am-12pm. Please feel free to drop by even if it's not your birthday! Cake donated by the Weatherly Inn.

Inge Ivey	2-1	Leigh Matukonis	2-11	Brian Reagan	2-21
Ranulfo Yanez	2-1	David Benboe	2-12	Jean Watts	2-21
Helen Wilson	2-2	Maria Gibson	2-12	Yoko Lisiecski	2-22
Aiko Bevans	2-3	Barbara Carrington	2-15	Dale Piercy	2-27
Hae Peppe	2-4	Arlene Payne	2-18		
Jeanne Jones	2-4	Pat Harris	2-18		
Connie Nelson	2-7	Lora Wiltfong	2-19		
Marieta Rector	2-7	Phyllis Biskey	2-20		
Sadie Carstens	2-8	Marcia McLaughlin	2-21		

Trips & Tours

Who Let the Dogs Out?

At your request, we will tour the Guide Dog School for the Blind. Attending a graduation ceremony at the school is one of the best ways to really get acquainted with our program. Guests should bring their tissues, because it's always a moving event, commemorating the efforts of our students and their dogs over their past weeks in class. Puppy raisers say goodbye to their graduating dogs, and the graduating class members bid farewell to return to their homes and families with new partners by their sides. No-host lunch.

Saturday, February 25th, 8am
Members: $40 Non-Members: $45

Daniel Smith-the Store for Artists!

This store promotes creativity in the visual arts for artists of every level. There will be a presentation and time to participate in "hands-on" testing of some of the materials. No-host lunch.

Wednesday, March 7th, 9am
Member: $20 Non-member: $25

New Day Northwest

New Day Northwest wants you…to fill their studio audience and have a great time! Join award-winning, Margaret Larsen and various guests; authors, musicians, fitness and health experts, celebrities and sports stars as we celebrate what's great about the Northwest. We'll laugh, cry, learn and eat together. No-host lunch.

Session A: Thursday, March 22nd, 7:45am
Member: $25 Non-Member: $30

Gig Harbor History Museum

The mission of the museum is to create opportunities to experience the history of the Gig Harbor Peninsula by collecting, preserving and sharing this area's history. Additionally, the vision is to be the cornerstone providing a sense of identity for our community. We will enjoy a delicious no-host lunch following the museum.

Wednesday, April 4th, 9am
Member: $20 Non-Member: $25

Mystery Trip

We will visit a diamond (or two) in the rough! Join the fun. No-host lunch.

Wednesday, April 11th, 9am
Member: $40 Non-Member: $45

Breakfast, Museum and Shopping

Start the day off with a delicious (no-host) breakfast at the Black Diamond Bakery and then a stop at the Black Diamond Museum. Next stop is the Factory Stores at North Bend featuring over 50 outlet stores, time to shop til you drop!

Wednesday, April 25th, 9am
Member: $25 Non-member: $30

Lakewood Activity Center

9112 Lakewood Dr SW
Lakewood, WA 98499
253-798-4090

Helping to promote good health and strong minds by providing recreational and social activities for older adults.

Join our special guest at Dessert of the Month!

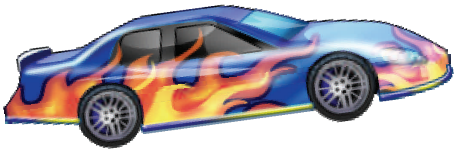
February Dates to Remember

1st: **Blood Pressure Checks, 9am-12pm**
2nd: **Sassy Scrappers, 1pm**
7th: **Cake Day, 10am-12pm**
Editing Digital Photos, 10am
8th: **IKEA Adventure, 9am**
Dessert of the Month, 10am-12pm
Welcome Wednesday, 11am-12pm
Wii Wednesday, 11:30am
Chocolate & Jewels, 1pm
9th: Editing Digital Photos, 10am
Book Club, 10:30am
Girls' Night Out!, 5pm
10th: AARP, 9am
13th: Fit Happens, 8am
14th: **Men's Coffee Hour, 10am**
15th: **Knotty Knitters, 1pm**
20th: **Center Closed**
21st: Stretch & Strengthen, 10am
Men's Coffee Hour, 10am
22nd: Fitness & Fun, 9:30am
SAIL, 10:35am
25th: **Who Let the Dogs Out?, 8am**
28th: **Lunch & Laughs, 12pm**
29th: **Basic Beading, 11am**
Hoppy Leap Day, 1pm

HEALTH & FITNESS
AND MORE

Lakewood Activity Center Membership 2012

Start Your Engines and Join the Crew!



Ladies and Gentlemen, Start your engines and join the crew! Sign up for 2012 membership and enjoy all the benefits from January through December. Membership includes discounts on classes, activities and our award winning programs. You will also receive the delivery of our monthly newsletter to your home. Get your race day tickets and reserve your seats in the stands! ***Drop by the Center to renew your membership or by mail.***

Individual: $25/year Couple: $35/year

New Class!

Drop-in Line Dancing

Want to jump in the latest trend? Jump on the Zumba Gold bandwagon. It is a combination of Latin dance and low-impGrab your friends and exercise your body & mind by dancing to lively, upbeat music. Line Dancing is a fun way to dance socially without a dance partner. Drop-in for a swingin' good time!

Tuesdays, 3pm
Free

Stretch & Strengthen

Improve your core strength, balance and improve your posture. Class includes warm-up, muscle-specific and abdominal exercises and stretching. Join us for this brand new class!

Session B: Tuesdays & Thursdays, February 21st-March 29th, 10am-10:45am
Session C: Tuesdays & Thursdays, April 10th-May 17th, 10am-10:45am
Member: $31 Non-Member: $36

Zumba Gold
Currently on hold, but coming back soon!

Yoga Stretch Concepts

Traditional yoga poses with a mix of Tai Chi and Pilates will be taught with alternatives to accommodate mobility issues. Our goal is to create a supportive environment that encourages health benefits and psychological wellness. This class is for beginners and for the more experience. Yoga mat suggested, but not required.

Session A: Mondays, January 23rd-March 5th, 5:15pm-6:15pm
Session B: Mondays, March 12th-April 16th, 5:15pm-6:15pm
Session C: Mondays, April 23rd-June 4th, 5:15pm-6:15pm
Member: $26Non-Member: $29

Fit Happens

Instructor, Judi Floyd incorporates fun choreography with low-impact aerobics, uses light weights for muscle strength and concentrates on endurance, flexibility, balance and core strength.

Session B: Mon., Wed., Fri., February 13th-March 23rd, 8am-9am
Session C: Mon., Wed., Fri., March 26th-May 4th, 8am-9am
Member: $31 Non-Member: $36

Fitness & Fun

Enjoy this total body conditioning class that will help strengthen both your cardiovascular and muscle fitness. Balance exercises and stretching help round out this total body workout. Join the fun and meet new friends!

Session B: Mon., Wed., Fri., February 22nd-March 30th, 9:30am-10:30am
Session C: Mon., Wed., Fri., April 9th-May 18th, 9:30am-10:30am
Member: $31 Non-Member: $36

SAIL

Join us for a fun hour of exercise that includes light aerobics and strength training while focusing on balance, coordination, and falls prevention.

Session B: Mon., Wed., Fri., February 22nd-March 30th, 10:35am-11:35am
Session C: Mon., Wed., Fri., April 9th-May 18th, 10:35am-11:35am
Member: $31 Non-Member: $36

Beginning & Intermediate Ballroom Dance

Learn basic and advanced steps, techniques and choreography. From Waltz to Swing, Cha Cha Cha to Tango-your instructor will teach you to identify music and be confident to dance at most social events. Partner suggested, but not required.

Session B: Mondays, March 12th-April 16th, 4pm-5pm
Session C: Mondays, April 23rd-June 4th, 4pm-5pm
Member: $31 Non-Member: $36