

Exercise Class



Mind, Body, Breath | Yoga | \$5 per class
Tuesdays and Thursdays
3-3:45pm - No class on Jan. 4 or 9

Education Class



Wild & Cultivated Foods | Free
"Benefits of Coffee"
Monday, Jan. 22 (VOS-Activity Center)
3-4:00pm

Heritage Cooking Class



Barb Gillette-Mills, food educator,
will be back in February!

Culinary Class



Chef Trevor, the executive chef
of the Golden Mast, will be back
in February!

Alternative Nutrition



Lentils | \$1 per class
Friday, Jan. 12 | 11am-12pm (WC)
Friday, Jan. 12 | 1-2pm (CP DR #2)

Indoor Walking Adventure



Tour the World - Walking Competition
Wednesday, Jan. 17
9:30-10:30am (3rd FL Exercise Area)
11am-12pm (VOS - Java Junction)
1-2pm (Riverbank Cafe)