Register Today!

Mind & Body

Fall 2024

Intro to Sound Bath & Sound Meditation

E e ee ce f d ea a d e a be e J a f c c a b d ba . D c, e d J e b d a d d be d e c. Y be d ced c ce e a ed c a c (J e c e ce f a d f e, e c e) a d ed a .

E a 45- e ded ed a a d d ba b ce ed d ea ac e S a K e . Y a a d a e J e . Fee f ee b a b a e., e e a a f de e. T e e be e a a ab e f e c a . **Keyword: Sound**

Oc.. 14 L c , CEC, 303	M K e	6:30-8 . . 	$29

8th Annual Jigsaw Puzzle Derby

G ab f e d , e b a d fa f a f da f a d f e d c e . ! T e ea ead d c e e e e b a .

Ead ea ca e c e de ca e ded b SCC. A de a f e de b (e , e a f , dead e , a d e) a e a a ab e e a :// b .. /2025 cc e a e .. Y ca b e C Ed ca Of ce a. 301 S. 68 S.. P ace, L c , c a f a ac e..

M be 16 ea de a c a e). C ec- be a. 12:15 . . Re a dead e Ja . 24 f (de e

Beginning Bridge

A e e ed ea e f e ea e ca d a e f a e? O a e a ed a e b d e b fee e ee d a d e e e? Re e ! C f b d de ca e e e f b c a a d a f a e.

B c a a e ec e ded. P ea e d e f e ea e a d ea a e a e f e . Mee a e P a e B d A d , P ee Pa Na e Ce e , L c . **Keyword: Birding**

Oc.. 22 L c , CEC, 303	T K e	6:30-8 . . LLLX-2138-CEFC	$29
N . 20 L c , CEC, 303	W K e	6:30-8 . . LLLX-2138-CEFD	$29
Dec. 16 L c , CEC, 303	M K e	6:30-8 . . LLLX-2138-CEFE	$29

Oc.. 6 L c , PPK, P a e B d A d A d e	U 	2-3:30 . . AREA-8426-FCFA	$29
N . 9 L c , PPK, P a e B d A d A d e	S 	2-3:30 . . AREA-8426-FCFB	$29

Location Key

L c , CEC ..... Jac J. H c C Ed ca Ce e, 301 S. 68 S.. P ace
L c , NEBD ..... Neb a a Ba Da ce, 4820 Re J D e
L c , PBAC ..... P a e B a C b, 1432 N. C e A e.
L c , PPK ..... P ee Pa , 3201 S. C dd A e.

F c e e ce, ea e ffe LIVE O e ea e . T e e ca e a e de ed e, a Z . T e a e e ec ded de . T a , e de a c a e f ec f f e.

Register Today!

DANCE

Please read the description for each class. Please list any classes that you have already taken in the order you would like to take them.

Ballroom Dance

You must have an email account to register online.