



WINTER 2017 PROGRAMS something for everyone **Palmyra Community Center Program Board**

Wellness Yoga With Jill Croft: *Adults & Children 10 and up* Take some time for the mind, body and soul.

Time: Sunday 9-10am **Dates:** January 29nd – March 19th **NO CLASS FEBRUARY 26th** (7 weeks)

Cost: \$35 for residents. \$40 for non-residents. Drop in's available \$6 Non-residents \$7

Spotlighters Action Theater: *Ages 6-11* The return of Spotlighters!!! Acting, singing, mime, movement, Improvisation to build cooperation, creativity, and problem solving skills. Short performance at the last class. Registration is required.

Instructor: Deb Vanneman **Time:** Monday: 3:30-4:30pm **Dates:** January 30th - March 20th (8 weeks)

Show: 5:30pm March 20th **Cost:** Residents \$40 Non-Residents \$45

Music & Me Movement *Ages 8mo- 4years* Develop your child's ear for music, by making music and playing fun singing games. Parent/Caregiver Participation required. **Instructor:** Deb Vanneman

Time: Monday: 10 -10:45am **Dates:** January 30th - March 20th (8 weeks)

Cost: Donation to Food Pantry OR \$5 per class

Learn to Play Piano: *Ages 7-14* Group lessons will give beginners of all ages a fun and informal opportunity to learn the basics of playing piano. Students will learn how to read sheet music, proper technique and music theory. There are also optional performance opportunities. Keyboards provided.

Instructor: Jessica Goldschmidt **Time:** Tuesday 7-8pm **Dates:** January 31th - March 7th (6 weeks)

Cost: Residents \$30 Non-Residents \$35

Pajama Yoga for the Family: *All Ages* Spend some quality time together in your pajamas! Yoga is great way to end a busy day and who better to do it with than your loved ones! Please note; a family is not needed to attend the class! **Host:** Katie Martin **Time:** Tuesday 7-8pm **Dates:** January 24th – March 7th **NO CLASS FEB. 7th** (6 weeks) **Per Class Cost:** Residents \$10 per class for small families (1-3 people) \$15 for large families (4+ people). Non-residents \$13 for small families \$17 large families

Lego Class: *Ages 5-9* Children will work in teams or on their own, to complete each week's challenge. The challenge will be revealed at the session. Legos will be provided. Please do not bring your own Legos. **Registration is required.**

Instructor: Christine Young **Time:** Wednesday 7-8:15pm

Dates: January 25th – March 8th (7weeks) **Cost:** Residents \$35 Non-Residents \$40

Chess Club: *Ages 9 and Up* New players will learn piece movement and basic rules for the fun game of chess. Strategy will be discussed to help build a solid foundation for the game. **Registration is required.**

Instructor: Mr. Rosato, Charles Street School Teacher **Time:** Thursday 3-4pm

Dates: January 26th - March 9th **NO CLASS FEBRUARY 16th** (6 weeks)

Cost: Free to residents with a donation to our local food pantry. Non-residents \$20 for 6 week session

Draw Class: *Ages 15 and Up* Get a night out and an opportunity to exercise your drawing interests with a new still life set-up each week. This is a non-instructional class for all artistic levels so bring your own materials or use some of ours! Feel free to drop in or attend every class, no registration required.

Host: Lee Stoner **Time:** Thursday 7-9pm **Dates:** January 26th - March 9th (7 weeks)

Cost: Residents: Donation to our food pantry. Non-Residents: \$5 per class

Special Event for Local Palmyra Businesses

Palmyra Business Portrait Sessions: Sunday February 19th 5pm-9pm **Registrations Required. To register email: communitycenterprogramboard@gmail.com.** Stone Gallery Studios will offer Professional Head Shot for Palmyra based business to use for marketing, website and FB! **Cost:** \$40 (\$10 donated directly back to Palmyra Community Center Program Board) Includes One Digital File emailed with full reproduction rights. Additional poses offered at \$25 per (\$5 donation to PCCPB). Basic retouching included.

FEEL GOOD FIRST FRIDAY SERIES

Join us in the community room for a variety of programs that make you feel good the first Friday of the Month from 8-9pm! The community room is located down the main hall, last room on the right, Food Donations welcomed!

February 3rd: Acoustic Duo: 2 Members of Tenderhooks: Palmyra's Cara Broadbelt and Kevin McKinney. Acoustic versions of their favorite songs.

March 3rd: 8-9:30pm: Introduction to Reflexology Michelle Pizzo; LMT; BCTMB; Nat'l Cert. Foot Reflexologist; ARCB. An informative look at the practical work of reflexology. Learn how reflexology manifested in the United States and its modern day applications. A reflexology session demonstration and understand how it can fit into our daily lives. This program runs 8-9:30pm

Upcoming: Spring Art Show

Operation Collection!

Bread of Life Food Pantry loves our donations; let's keep it up! Look for notifications on our Facebook page for the pantry's need or donate what you can. Donate food at Borough Hall, M-F 8:30-4:30. The basket is located right inside the main doors. If you are headed to the Community Center, drop your donations in the bucket in the lobby.

Flags The Community Center has teamed up with the Borough of Palmyra and the Girl Scouts to help collect used or damaged flags for proper disposal. Please bring your flags to the lobby of Borough Hall M-F, 8:30-4:30PM or to the lobby of the Community Center. Both locations have marked baskets for receiving flags.

www.palmyracommunitycenter.com

Please mail registration forms to P.O. Box 711 W. Broad Street Palmyra, NJ 08065

For questions please email: communitycenterprogramboard@gmail.com

Or call Lee 215-704-8123

Make checks payable to Palmyra Community Center Program Board



Registration Form Winter 2017

Total Enclosed

\$

Cash or Check

Class: _____ Amount \$ _____

Class: _____ Amount \$ _____

Class: _____ Amount \$ _____

Your Name: _____ Cell: _____

Childs Name: _____ Age: _____ Grade _____

Email: _____

Address: _____ Phone: _____

Emergency Contact Name and Phone: _____

