

AMA HOMESCHOOL VISUAL ARTS: Students in the course will follow similar benchmarks for the Ohio standards for Visual Arts and will learn the basics of painting, drawing, print making, sculpture and art history during the school year. Seating is limited. Registration and fees will be handled by Awakening Minds Art. [Call 419-302-3892 to register.](tel:419-302-3892)

TUESDAY MORNINGS. CALL FOR TIMES

TUESDAYS | ROOM 208 | FEE INCLUDED | ID#F1758

AMA PRESCHOOL PAINTING CLASS: Children will explore their senses and paint their own masterpiece with the help of our instructors. Focusing on exploring senses, colors, shapes, following directions, and classroom skills. Children ages 3-5. Seating is limited. Registration and fees will be handled by Awakening Minds Art. [Call 419-302-3892 to register.](tel:419-302-3892)

FIRST THURSDAYS 3:30PM-4:30PM | \$15 | ROOM 208 | AGES 3-5

AMA PAINTING CLASS: Enjoy an evening of experimentation and fun while you use different painting techniques and create a monthly themed painting of your own. Mix yellow, red and blue to make all the colors you need! Emily, with Awakening Minds Art, demonstrations will walk you step-by-step through the entire painting process. You will be amazed at what you can do! All skill levels are invited to join the fun! All supplies provided.

**FIRST THURSDAY OF THE MONTH 5:30PM
ROOM 208 | \$15 | ADULTS 18+**

CARD BINGO: Second and last Wednesdays of the month. We welcome anyone to join the fun! It's easy and there will be PRIZES! No registration required. Presented by Putnam County HomeCare & Hospice & The Ohioans Homecare.

**SECOND & LAST WEDNESDAY OF THE MONTH
1:00PM | TLCC CAFÉ | NO CHARGE**

CARDIO DRUMMING: Stressful day? We have the perfect workout for you! Channel your inner performer and rock your body with this modern fusion of movement and music. Drumsticks, Balls and Buckets are provided for you to bring fun back into

fitness! Express yourself, release stress, get sweaty and slam along with this lower body focused workout. *Class Length 60 minutes* [Instructor: Karen Schroeder]

Wednesdays @ 5:30 pm | \$3/PER CLASS | FITNESS ROOM

CHAIR YOGA: This gentle yoga class is perfect for students with physical challenges that find it difficult to get on and off the floor. Chair yoga helps reinforce strength and improves balance through poses that are done seated or supported by a chair. *Length: 60 minutes* [Instructor: Lori Allen]

**TUESDAYS AT 10AM & WEDNESDAYS AT 9:30AM |
\$3/PER CLASS | FITNESS ROOM**

CHALLENGE BASKETBALL: Our Youth Basketball League has registration open in October every year. This is for boys & girls in grades Kindergarten through Fifth grades. We aim to challenge the kids not only athletically, but also mentally, spiritually and socially. Parents coach in our league and our Program Director and Assistant Program Director read weekly devotionals to the players.

GAMES M, T, W, & S | \$20 FEE | GRADES K-4

CHALLENGE VOLLEYBALL: Our Youth Volleyball League has registration open in January every year. This league is for girls in grades Third through Sixth grades. We aim to challenge the kids not only athletically, but also mentally, spiritually and socially. Parents coach in our league and our Program Director and Assistant Program Director read weekly devotionals to the players.

SATURDAY GAMES | \$20 FEE | GRADES 3-6

COMMUNITY MEAL: Join us for a free dinner brought to you by Leipsic Area Churches. Our meal is open for the whole community and starts at 5:00pm. Carry Outs will begin at 5:45pm. Community Meal is served the last Thursday of the month in TLCC Gym. **SECOND THURSDAY OF THE MONTH 5:00PM & LAST THURSDAY OF THE MONTH 5:00PM
TLCC GYM | NO CHARGE | ALL AGES**

CPR + AED, FIRST AID TRAINING: The Adult & Pediatric First Aid/CPR/AED Course incorporates the latest science and teaches students to recognize and

care for a variety of first aid emergencies and how to respond to breathing and cardiac emergencies to help victims of any age. Interested in becoming certified in CPR and First Aid through the American Red Cross? Register through our website! [Instructor: Gene Border] **\$85 FEE**

****CHECK OUR MONTHLY CALENDAR FOR CLASS DATES****

CRAFTS WITH SHARON: Enjoy an evening of creative with our instructor from 50North, Sharon. She plans out monthly seasonal crafts for all skill levels. Her step-by-step guide will have you making home items you never thought you could! Everyone is invited to join the fun! All supplies provided.

TIMES & DAYS MAY VARY – CHECK MONTHLY CALENDAR FOR TIMES AND PRICES | ADULTS 18+

ESOL (ENGLISH to SPEAKERS of OTHER LANGUAGES): Brought to us by Apollo and their Aspire Program, students will learn the basics of the English-Speaking Language. This program is broken down into 3 semesters. Students may join at the beginning of any semester. Testing is administered by the instructors throughout the course. All materials and supplies are included.

TUESDAY & THURSDAY 9AM-12PM | FREE

FRESH FOODS: Fresh Foods provides free fruits and vegetables for families and individuals in our communities. Produce can be donated throughout the week as well.

OPEN EVERY DAY ON OUR COMMUNITY TABLE

HEALTH CLINIC: Providing medical care to the uninsured and underinsured residents of Putnam and surrounding counties. Our Clinic is open the last Thursday of the month (unless otherwise stated).

4:00PM-7:30PM | FREE | ANYONE WELCOME

HEARING AID CLEANING: The Hearing and Balance Center will be here the last Thursday of the

month to do curtesy hearing aid cleaning. Dr. Nadler and her staff will assist you!

LAST THURSDAY | 4:00PM-7:30PM | FREE

HEBREWS CAFÉ: Explore the different books of the Bible in this all-inclusive Community Bible Study. Typically led by Pastor Laurie Beaty, this class will incorporate religion, music, discussion & food! Next series starting on September 21st.

TUESDAYS AT 6pm | FREE | RM 207 | ADULTS 18+

KETTLE & CORE: A kettlebell is a traditional Russian cast iron weight that looks like a cannonball with a handle. Using these weights, class participants are taken through a variety of movements all designed to develop strength, mobility, energy and vitality. This is a great class for all-around fitness. Please bring your own kettlebell.

MONDAYS 7pm-7:45pm | \$3 | ROOM 209

SATURDAYS 9:15am

MEAL PREP LIKE A CHAMP: Ever wanted to learn how to meal prep for a healthy lifestyle? Now you can! Join our instructor as she gives you the basics on how to properly meal prep to get and stay healthy.

CHECK OUR MONTHLY CALENDAR FOR DATES, TIMES, AND PRICES

MATTER OF BALANCE: Classes are proven to help older adults manage falls and increase activity levels. You will learn to: 1) view falls as controllable 2) set realistic goals for increasing activity 3) change your environment to reduce fall factors 4) increase exercise for strength and balance. Discussions, snacks, and light exercise are included! [Council on Aging]

FRIDAYS 8-10:30 AM | SEPT 14 - OCT 9 | ROOM 207 | NO CHARGE | ADULTS 50+ | ID#F1706

MENS PICK-UP BASKETBALL: TLCC Gym will be open for any local men wanting to shoot hoops or challenge each other in a pick-up basketball game. Check out our Open Gym schedule for more available

times to shoot around!

EVERY TUESDAY 7PM-9PM | TLCC GYM | NO CHARGE

OPEN PICKLEBALL: Open Pickleball courts will be available each week at these times:

MONDAY MORNINGS 8AM-11AM,

MONDAY EVENINGS 6:30PM-9:00PM,

FRIDAY MORNINGS 10AM-12PM

OPEN COMPUTER LAB: Do you have computer or smartphone questions? Drop-in during Open Computer lab hours to get computer help. Jeff can answer your questions, whether it's about security, storage, internet, email, spam, etc.

SECOND FRIDAYS 1PM-5PM | FREE | RM 206

One-on-One Therapeutic Art Sessions are now available at The Leipsic Community Center!

These sessions are a creative way to practice non-art related goals such as:

IEP Goals	Fine Motor Skills
Anger Management	Crossing Mid-Lines
Coordination	Color Matching
Sentence Structure	Spatial Awareness
Following Directions	Reaction Time
Memory	Emotional Processing

Each session focuses on the goals and needs of each student and is supported by the Awakening Minds Art Team. **Sessions available for all ages and abilities.**

-Call 419-302-3892 to schedule-

SENIOR CINEMA: Adults and Seniors, join us for a movie on our large screen in the TLCC gym. Movie selection is posted on the TLCC Communication Board and website. Munchies and Drinks will be available for purchase. Showtime begins at 1PM. Feel free to bring blankets and wear comfortable clothes!

FIRST & THIRD FRIDAY @ 1PM | NO CHARGE |

ADULTS 18+

STRENGTH & STAMINA: Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. 50 & Beyond Fitness

classes are designed to increase flexibility, joint stability, balance, coordination, and muscular strength. The workout combines aerobic and strength training with plenty of friendly fun! A chair is used for seated or standing support. Please note: this class incorporates exercises that are not seated too.

MONDAYS 4PM | \$3/PER CLASS | ADULTS 18+

YOGA YOU (YOGA STRETCH & FLOW):

Whether you are a complete beginner or have tried yoga in the past, this program is here to show you the way. This 45-minute workout incorporates a combination of yoga basics concentrating on balance, flexibility, strength, and core—all for beginners! Bring your own mat or use one of ours! No equipment needed.

TUESDAYS AT 5:30PM | \$3/PER CLASS | ROOM 209

ZUMBA: a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout is fun and easy to do. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

CHECK BACK ON DATES AND TIMES