

## PROGRAM GUIDE | FALL 2018

**COMMUNITY MEAL:** Join us for a free dinner open for the whole community starting at 5:00pm. Community Meal is served the last Thursday of the month in TLCC Gym.

LAST THURSDAY OF THE MONTH 5PM-6:30PM  
TLCC GYM | NO CHARGE | ALL AGES

**FREE HEALTH CLINIC:** services that are offered include: sore throat, congestion, fever, ear pain, sinus pain, cough, flu symptoms, GI symptoms, and other non-chronic illnesses. We are NOT a pain management clinic. There are no narcotics on site. Clinic is open for underinsured and uninsured patients.

AUGUST CLINIC: AUGUST 30<sup>TH</sup> 4PM-8PM  
SEPTEMBER CLINIC: SEPT. 27<sup>TH</sup> 4PM-8PM

**AMA PRESCHOOL SENSORY ART:** 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.

FIRST THURSDAYS 10AM | \$10 | ROOM 209 |  
AGES 3-5

**WATERCOLORS:** Enjoy an evening of experimentation and fun while you learn the fundamentals of watercolors. Jeanne Beutler has created a watercolor class using tradition methods of art instruction. You will learn the basic techniques used in watercolor paintings. Jeanne 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.

SECOND THURSDAY OF THE MONTH 6:00PM  
ROOM 208 | \$10 | ADULTS 18+

**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 this fall!

\$55 FEE | SEPTEMBER 22nd | 8AM-12:30PM |  
ROOM 207

**RED CROSS BABYSITTING CLASS:** Provides youth who are planning to babysit with the skills necessary to safely & responsibly give care for children and infants. This training will help participants learn how to develop a babysitting business; keep themselves and others safe, and help children behave. Students will learn basic child care & basic first aid. The recommended age for this course is 11-15 years old.

TBA | 8:30AM-3:30PM | \$40 FEE | AGES 11-15

**TURBOKICK:** High energy, action packed with kickboxing style! During this energizing kickboxing based cardio workout, you will break a sweat! Whether you are a new kickboxer or have previous experience, this class will teach you some new moves. No equipment needed.

WEDNESDAYS 6:45 PM | \$3/PER CLASS | ADULTS  
18+

**AMA PAINTING FOR ALL AGES & ABILITIES CLASS:** A step by step painting class that integrates individuals of all ages and abilities. Weekly projects are normally posted to Awakening Minds Art - Leipsic page. Purchase additional canvas for \$3 each.

MONDAYS 5:30PM | \$10 | ROOM 208 | ALL AGES

**SENIOR CINEMA:** Adults and Seniors, join us for a movie on our youth center. Movie selection is posted the Thursday before throughout the building. Munchies and Drinks will be available for purchase. Showtime begins at 1PM. Feel free to bring blankets and wear comfortable clothes!

THIRD FRIDAY @ 1PM | YOUTH CENTER | FREE

**AMA OPEN STUDIO:** Parents, enjoy Friday evening – kid free! Designed for ages 4-14. variety of art & craft activities are available in a fun, social environment that fosters independence, self-esteem, and creativity. Seating is limited. Registration and fees will be handled by Awakening Minds Art. PRE-REGISTRATION REQUIRED!

FIRST FRIDAYS 4:30PM-5:30PM  
\$10 | ROOM 208 | YOUTH AGES 4-14

**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.

WEDS & THURS 9:00AM | \$3/PER CLASS | ROOM 209

**CARD BINGO:** Last Wednesday of the month. We welcome anyone to join the fun! It's easy and there will be PRIZES! No Registration Require. Presented by Putnam County HomeCare & Hospice

LAST WEDNESDAY OF THE MONTH 1:00PM  
TLCC CAFÉ | NO CHARGE | ID#F1757

**YOGA YOU:** 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.

WEDNESDAYS 5:30PM - STARTING AUGUST 15<sup>TH</sup> |  
\$3/PER CLASS | ROOM 209

**YOGA FLOW:** an all levels class exploring the way the core works and builds on the dynamic action of the core muscles to create stability, strength, and tone. No equipment needed.

WEDS & THURS 10:00AM | \$3/PER CLASS | ROOM 209

**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 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.

THURSDAYS @ 5:30PM | \$3/PER CLASS | ROOM 209

**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.

**GROUP A (K-4 grade): THURS 11:30PM – 12:30PM**

**GROUP B (K-4 grade): THURS 1PM - 2PM**

**GROUP C (5-12 grade): THURS 2:30PM - 3:30PM**

THURSDAYS | ROOM 208 | FEE INCLUDED |  
ID#F1758

**BOOK DISCUSSION:** Book pickup is available at the Putnam County District Library – Leipsic Location, a month prior to the discussion. Already own the book? Perfectly fine! Join us for a great time!

THIRD WEDNESDAY IN OCTOBER & DECEMBER @ 11AM

**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:

**MONDAYS 9:30AM-11PM**

**THURSDAYS 6:30PM-9PM (excluding last Thursday of each month)**

**ZUMBA:** A fusion of Latin and International music / dance themes that create a dynamic, exciting workout. This class is 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.

TUESDAYS 7:15PM | \$3/PER CLASS | ROOM 209

**ZUMBA GOLD:** The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented, dance-fitness class that feels fresh! Zumba Gold classes provide modified low-impact moves for active older adults. FRIDAYS 10:15AM | \$3/PER CLASS | ROOM 209

**KETTLE & CORE:** Join us for a great full body workout, Kettle & Core! Please bring your own kettlebell; as we only have a few extras for those

who forget or new to the class! All exercises can be modified for any skill or age level.

MONDAYS 7PM | \$3/PER CLASS ROOM 209

### **ESSENTIAL OILS SERIES:**

It's full of important information about essential oils, and amazing recipes that you can begin blending right away—and it's absolutely free! Essential oils can enhance so many areas of your daily life. They're often used for immune support, relaxation and sleep, stress relief, emotional balance, skin care, respiratory health, green cleaning, and even muscle tension and pain. In the class, you'll learn about essential oil safety, how essential oils are produced, and common methods of use. You'll also learn to create a more natural, healthy lifestyle with Aromatherapy.

**SEPTEMBER:** Natural Solutions Green Cleaning with Essential Oils

**OCTOBER:** Healthy Mama Healthy Children with Essential Oils

**NOVEMBER:** Cooking with Essential Oils

**DECEMBER:** Skincare and Spa Party with Essential Oils

THIRD THURSDAY OF THE MONTH 6:30PM  
ROOM 208 | FREE | ADULTS 18+

### **THIS FALL:**

#### **MATTER OF BALANCE:**

Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

TUESDAYS, SEPTEMBER 11<sup>TH</sup>– OCTOBER 30<sup>TH</sup> | 10AM- NOON | FREE CLASS

## **HEALTHY U- CHRONIC DISEASE SELF**

**MANAGEMENT PROGRAM:** For people with chronic conditions such as high blood pressure, asthma, arthritis, chronic obstructive pulmonary disease (COPD), diabetes, and many other conditions are a very important part of keeping Ohio healthy. The overall goal of the programs is to enable participants to build self-confidence to take part in maintaining and managing their chronic conditions. The **Chronic Disease Self-Management Program** was created at Stanford University & is a proven scientific program which produces favorable outcomes. Proven outcomes resulting from attending the classes include; increased healthy behavior, less pain and worry about health conditions, better relationships with healthcare providers, and decreased visits to the emergency room and hospital.

The classes focus on relaxation techniques, healthy eating, managing sleep and fatigue, managing medications, exercise, and communicating with healthcare providers. Classes are most beneficial for those with long-term health conditions.

TUESDAYS, OCT. 16<sup>TH</sup> – NOV. 20<sup>TH</sup> | 10AM- NOON  
| FREE CLASS

## **DAVE RAMSEY FINANCIAL PEACE**

**UNIVERSITY:** This class helps you understand financial wisdom to gain control of your money, beat debt, and build wealthy. No matter where you are with your money, this local nine-week class will teach you to create a budget, pay off debt, spend and save wisely, and so much more! Join Kathy Kaufman for her Fall series Tuesdays at 7PM starting September 12<sup>th</sup> through November 7<sup>th</sup>. Your wallet will thank you! *Class Minimum: 5* [Instructor: Kathy Kaufman]

TUESDAYS STARTING OCT. 16<sup>TH</sup> 7PM-8:30PM |  
ROOM 208 | Cost TBD | ADULTS 18+

## **FALL TABLE RUNNER: MACHINE PIERCING**

**& QUILTING:** Learn basic 9-square pattern during this program! Participants will have completed table runner by the end of this two-part class. If any students have scissors, rotary cutter or cutting mats – we ask that you bring yours to class. Wednesday September 12<sup>th</sup> & 19<sup>th</sup> | 6pm-8:30pm  
| \$25/per student

## **SECURING YOUR ONLINE FOOTPRINT:**

**CYBER SECURITY FOR SENIORS:** Learn how to protect yourself on the web during this FREE two-part class. SEPTEMBER 6<sup>th</sup> & 13<sup>th</sup> | 10:30AM-11:30AM

## **FACE-TO-FACE TELECOMMUNICATIONS**

**FOR SENIORS:** Wanting to communicate via technology with family members out of town? Learn about different programs you can use to communicate face-to-face through technology with this FREE two-part class.

SEPTEMBER 20<sup>th</sup> & 27<sup>th</sup> | 10:30AM-11:30AM

## **FAIRY GARDEN CLASS:**

The practice of Fairy Gardening has been around for more than 100 years and today, many of the fairy gardeners we meet are thrilled to tell us how the tradition has been passed down from one generation to the next. Join our host, Indian Trail Garden Center, for a fairy garden class. Each participant will receive a container, soil, plants, rocks, and miniature figurines in class. It will be up to each individual how you want to design your fairy garden, but we will assist as needed. Grandparents, parents, aunts, uncles, and children are invited to make this a fun evening that will leave a warm, lasting memory. Age 6+ are able to register. Children under the age of 12 should have a parent/guardian present. Registration ends September 7<sup>th</sup>.

Option 1 = \$33.00 | Option 2 = \$48.00

September 13<sup>th</sup> | 6pm-7:30pm

**CHRISTMAS COOKIE PARTY:** Cookies will be baked and ready for decorating! There will be a short demonstration by Steph on how to decorate the cookies using royal icing that is provided. This is not a decorating "class", simply a fun experience to have with friends and family. Space is limited at these parties! More Details to come in November! For more details on please visit Steph's Facebook page:  
<https://www.facebook.com/Stephanies-Cookies-469065973115934/>

NOVEMBER 27<sup>TH</sup> | 6PM-7:30PM

**SPREADSHEET BASICS:** Explore different spreadsheet programs such as: Excel, Apple Numbers, and Google Sheets. Find out the tips and tricks to each program and where you can find tutorials on your spreadsheet needs. Phyllis will go over the basics of each program with "cheat sheets" for each student. \$5/per student. In the pricing tab, we have two options:

- 1) \$5 with personal laptop
- 2) \$5 using our desktop

Price is the same regardless. This is specifically for class space planning, so we can reserve open computers for those who cannot bring their own.

OCTOBER 15<sup>TH</sup> 6PM-7:30PM | FREE | ADULTS 18+

### **YOUTH PROGRAMMING:**

**HOMEWORK HELP** – Monday-Friday 3pm-4pm

**VIDEO GAME TOURNAMENTS** – Every Wednesday 4:30pm

**5<sup>TH</sup> QUARTER:** Food and games for students grade 6-12. Come join us for an awesome night at the center! 5<sup>th</sup> Quarter immediately begins at the end of each home Leipsic football game and ends at 11:00pm.

IMMEDIATELY FOLLOWING LEIPSIC FOOTBALL GAME

**5k & 4 COURSES:** Leipsic Students, grades 6-12 will train for the Jingle Bell 5k on December 1st. This program will teach youth healthy eating habits, healthy cooking methods, and the importance of good nutrition. Program starts October 9<sup>th</sup>. All food and supplies are included. Limited Registration. Practice is on Tues/Thurs. OCTOBER 9- DECEMBER 4 | NO CHARGE | GRADES 6-12 SELECTED

**\*\*FREE CARSEAT CHECK BY: PUTNAM CO. HEALTH DEPARTMENT ON SEPTEMBER 19TH 4PM-6PM\*\***