

COMMUNITY MEAL: Join us for a free dinner brought to you by Leipsic Area Churches & other area organizations. 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 second & 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

MATTER OF BALANCE: Present by the Putnam County Council on Aging, Inc, this program consists of 8 weeks of two hours sessions for groups of 5-16 participants. The program helps address the physical, social and cognitive factors affecting the fear of falling. They teach fall prevention strategies to reduce the fear of falling and increase activity levels in order to improve flexibility, balance and strength. Registration is open at the front desk. No fee required.

TUESDAYS, SEPT 10 – OCT 29 | 10AM-12PM | NO CHARGE | ADULTS 18+

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

MONDAYS AT 6PM | \$3/PER CLASS | ADULTS 18+

AMA PRESCHOOL SENSORY EXPLORERS 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.

FOURTH SATURDAY 10:00AM-11:00AM | \$15 | 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. Mix yellow, red and blue to make all the colors you need! Jeanne's 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.

SECOND THURSDAY OF THE MONTH 6:30PM
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 through our website! [Instructor: Gene Border] \$55 FEE

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

AMA PAINTING 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 | ROOM 208 | \$15

YOGA FLOW: this gentle yoga class is perfect for students of any level. Even if you find it difficult to get on and off the floor, the instructor modifies moves so you are able to reinforce your strength and improve balance through poses that are done seated or supported by a chair. *Length: 45 minutes* [Instructor: Lori Allen]

\$3/PER CLASS | ROOM 209

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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.

\$3/PER CLASS | ROOM 209

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

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 FRIDAY @1PM | NO CHARGE | ADULTS 18+
THIRD FRIDAY @ 1PM | NO CHARGE | ADULTS 18+

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. *Class Length 45 minutes* [Instructor: Cheryl Griffith]

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

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

WOMEN'S VOLLEYBALL FALL LEAGUE: Must pre-register your team by September 13th. Team fee is \$40. MONDAYS 6:30pm | GYM | SEPT 16 - NOV 18

CARD BINGO: Now the Second Tuesday of the month & the 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 on Wednesday and The Meadows of Leipsic on Tuesday.

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

STEM CAMP: Spaces very limited! Join us for our NEW 4 week STEM Class offered by the OSU Extension (4-H Youth Development & Agriculture and Natural Resources) Program Director, Anna Gerten. In her 4 week program, students will go over 4 different topics, including virtual reality, spheres, and makey makey. Classes start Wednesday, September 18th after school from 3:30-4:30pm. They meet each Wednesday until October 9th. For kids in grades 3-6

WEDNESDAY 3:30PM- 4:30PM | \$5 | RM 208

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.

THURSDAY AFTERNOON. CALL FOR TIMES

THURSDAYS | ROOM 208 | FEE INCLUDED | ID#F1758

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

MONDAYS 9AM-11PM,
WEDNESDAY RENTALS 1PM-2:30PM \$20.00 / COURT
THURSDAYS 6:30PM-9PM (excluding second & last Thursday of each month)

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.

TUESDAYS 7:00PM
\$3/PER CLASS | ROOM 209

STRONG BY ZUMBA: Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like *high knees*, *burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges*, *squats*, and *kickboxing*. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.

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

AMA CRAFT SPECIALS: The wonderful instructors for Awakening Minds Art offer different 'Specials' each month. Often times these include pallet board paintings, a special holiday craft or even a sign making. The upcoming projects are:

SATURDAY October 12th 1:00-3:00PM \$15 – Pumpkin Paint

MONDAY October 21st 5:30-6:30PM \$17 – Halloween Pallet Board

MONDAY November 18th 5:30-6:30PM \$17 – Pumpkins Pallet Board

BOOTCAMP FITNESS: A workout featuring plenty of classic boot camp exercises, creative cardio moves, and lots of fun in an encouraging environment.
TUESDAY 6:00PM | \$3/PER CLASS | ROOM 209

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.

With Kendra on Mondays 7PM | \$3 | ROOM 209
With Maggie on Saturdays 9:15AM | \$3 | ROOM 209

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, or other computer programs.

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

PIYO: PiYo is a music driven, athletic workout that strengthens, stretches, and tones with dynamic movements. It combines elements from yoga and Pilates but incorporates dance moves as well. It is designed for strength training, balance training and flexibility exercises in a low-impact aerobics routine. You will have fun while increasing your heart rate and sculpting your muscles!

WEDNESDAYS 6:30PM | \$3/PER CLASS | ROOM 209

AMA GAME DAY CRAFTS: What better way to cheer on your team this fall, then to make your own spirit signs, banners, pompoms and more! Available for individuals of all **ages and abilities**. Join us before every home football game so you can have your own one of a kind piece!
Pizza is catered each week thanks to Interim Healthcare!

(HOME GAMES ONLY) FRIDAYS 5:00PM | ROOM 208
| \$15