

**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.

**CHECK OUR FACEBOOK PAGE FOR CLASS UPDATES**

**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.

THIRD WEDNESDAY 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

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

**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!

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]

WEDNESDAY @ 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/LAST WEDNESDAY OF THE MONTH | 1PM | 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.

**CHECK OUR FACEBOOK PAGE FOR CLASS UPDATES**

**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.

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  
FRIDAY 10AM-12PM

**HIIT:** HIIT workouts require you bursts of high-intensity strength and cardio exercises followed by brief periods of recovery. It's almost like taking an hour-long workout with moderate intensity and squeezing it all into a period of about 10 to 30 minutes.

**CHECK OUR FACEBOOK PAGE FOR CLASS UPDATES**

**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 12<sup>th</sup> 1:00-3:00PM \$15 – Pumpkin Paint

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

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

**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 Maggie 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

**AMA GAME DAY CRAFTS:** What better way to cheer on your team this fall, than 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

**REACH:** Realizing Everyone's Abilities and Challenges.

This is a dance and tumbling class for kids with special needs. Put on by the Tannis' School of Dance, this is an amazing opportunity for those with a disability to get up and get moving. This is a group class, with each student having an individual helper.

AUGUST 23<sup>rd</sup> | 5:30PM-6:15PM | AGES 3-11 (TUMBLING)

AUGUST 24<sup>th</sup> | 5:30PM-6:15PM | AGES 3 & UP (DANCE)

AUGUST 24<sup>th</sup> | 6:30PM-7:15PM | AGES 11 & UP (DANCE)

**YOUTH SOCCER CAMP:** Kids will learn the basics of soccer including, passing, dribbling, and moving without the ball. This will be taught by our Program Director, Kelsie Schroeder.

AUGUST 1, 8, 15, 22 | 5:30PM-6PM OR 6:15PM-6:45 PM | AGES 3-5 (CALL TO REGISTER)