

## Lee Township Community Center Activity Descriptions 2014

**For information and registration call 269-906-5337**

See [calendar](#) for days and times

Blood pressure and sugar checks provided by American Medical Response team.

Tai chi- a smooth, gentle stretching form of exercise. Instructor, P. Lewis, Soke, 8 week class, open to all ages.

Martial arts- learn kicking, blocking, self-defense. Instructor, P. Lewis Soke, 8 week class, open to 8 year olds to adults.

Sewing Basics- learn to hem, sew buttons repair zippers. Bring your item, needle and thread. Instructor, E. Lewis, 8 week class, open to all ages.

Book Club- Discuss books with other readers. Books can be gotten with a free card from Fennville library. Ongoing, open to all.

Computer Class- learn basic computer skills; email, cut and paste, margins. Computer is not needed for class. Instructor, S.Bale, 8 week class, open to all ages.

Chess- learn to play or enjoy playing with others. Instructor, K. Dennis, 8 week class, open to ages 8 through adult.

Senior Cards or Games- an afternoon with others playing cards, checkers, or yahtzee and a bite to eat. Ongoing, open to all seniors 50+.

Mom and Tots- a play group for tots 1 to 5 years old can play with others while mothers can learn about what interests them; child development, county resources. Facilitator, J.Kievit, ongoing.

Story time- listen to a story, take out a book from the Pullman library with your own card. Facilitator, C. De Young, ongoing, 6 months to 8 years old.

Photography-learn the basics of how to take a picture; lighting, position, background. Bring your own camera. Facilitator D. Bale, open to all ages. One day only.

Allegan Women's Initiative- talk on heart disease. Instructor, J. Dentler, open to all.

Pullman Ridge-spiritual growth, pot luck supper, 10 week class called Rooted to further your connection with God. Activities for the children. Pastor L. Mathews, ongoing, open to all.

Zumba-fun and lively workout to music; open to all.

Quilting Trunk Show-one time only in April; Learn all about quilting; Facilitator, N. Endres; open to all.

Nutrition-Informational presentation on all aspects of nutrition; Facilitator, S. Elwell, 6 sessions; open to all.

Bike Club- Enjoy biking with others, bike at your own pace. Facilitator, S. Kay, open to all ages.

Walk or jog-Will start and end at the Community Center. 30-60 minutes; go at your own pace. Facilitator, S. Kay; open to all.

Weight Loss Support Group-To help each other maintain a healthy lifestyle and develop better eating habits. Facilitator, S. Kay; open to all.

Movie Night-Bring a drink and a comfy blanket to watch a movie. Popcorn and drinks will be available for purchase. Facilitator, S. Kay; open to all.

Lego builders- come and have fun with others building your own Lego structures. Facilitator, S. Kay open to all who love Legos.

Flea market- come and bring your own things to sell or see what is in our market: furniture to tamales.

Special needs adult activities- learn to play chess with K. Dennis, paint, etc. Facilitator, S. Kay. Open to all.

Movie night- the Lego movie, rated pg. Facilitator, M. Jones. Open to all.

Talent show tryouts- come and sing, dance, act. All are picked. Facilitator, S. Kay. Open to all.