

Member Classes | Open to High Country Seniors Members Only

SEE CALENDAR INSERT FOR ALL DETAILS

Art Club

3rd Wednesday of each month from 12:30pm -2:30pm

Work with local artisan Liz Monte to create beautiful arts and crafts projects. Every month Liz will lead you through different art projects from start to finish. Sign up now- this class will be lots of fun!!

Book Lovers Club

2nd Tuesday of each month from 2:00pm -3:00pm

A time and space to talk about your favorite books, the books you are currently reading, and to find out about new books and authors that others have discovered. There are no reading assignments for this book lovers club, just a great opportunity to learn about new and exciting genres, authors, and finds. Along with getting to share the love of reading with others just like you. All are welcome.



Feeling Fit

9:00am and 10:00am classes every Tuesday and Thursday

Feeling Fit is a class focused on flexibility, strength, and balance movements. Exercises are designed to strengthen major muscle groups and include nutritional tips and healthy living information. Great for all ability levels.

Hand & Foot

12:00pm-4:00pm classes every Monday

Hand and Foot is a Canasta variant involving four to seven decks and is played in teams. This growing group is fun and social and is always welcoming newcomers.

Knit, Stitch, Quilt & Crochet Group

Thursdays from 9:00am – 11:00am

This group makes blankets, scarves and other items that are donated to community organizations to assist those in need. Please join us for a great time AND a great cause.

BEGINNERS WELCOME!!

Mahjong

Wednesdays from 1:00pm – 3:00pm

Classic Mahjong played with 144 tiles in groups of four. Call ahead for instructions if you are a beginner or just show up if you are an experienced mahjong fan.



Paper Crafts - Beginner

3rd Monday of each month from 9:00am -11:00am

Work with local artists BJ Branyan and Susan Salas who lead this monthly class on different beginner level paper-based art projects including cards, scrapbooking ideas, shadow boxes and more as determined by the class interest. No experience needed. Limited to 8 people maximum. Call to register.

Paper Crafts - Advanced

2nd Monday of each month from 9:00am -11:00am

Work with local artists BJ Branyan and Susan Salas who lead this monthly class on advanced paper-based art projects including cards, scrapbooking ideas, shadow boxes and more as determined by the class interest. Must have taken the Beginner class to join. Limited to 8 people maximum. Call to register.

Pinochle - Double Deck

Tuesdays and Thursdays from 12:00pm -4:00pm

Join this fun and dynamic group that meets twice a week and helps keep your brain sharp too!

QIGONG

9:30am to 10:30am every Monday and Wednesday

Qigong is about harmonizing our body, mind and spirit using breathing exercises, meditation, self-applied massage, and gentle movements. Doing Qigong helps to eliminate stress and anxiety and promotes emotional and physical healing.

Scrapbooking

4th Monday of each month from 9:00am -11:00am

This intermediate class offered by our very own paper crafting expert, BJ, is a start to finish scrapbook building experience. From cover to cover, BJ will walk you through different techniques, mediums, designs etc. Space is limited and advanced registration is needed. Call to register.

Technology 101

2nd and 4th Thursdays of the month from 3:00pm -4:00pm

Learn the basis of all things computer and phone operation from starting your computer to how to use the internet, emails, basic computer software programs, and phone navigation. All levels are welcome! If you don't have a laptop, we can loan you one for the class.

Member Workshops



Gardening Workshop | Team Depot DIY **July 18th from 1:00pm – 2:00pm**

Join us in learning how to start your own garden, prepare your garden, and what to plant in the upcoming months. Experts will answer your questions and give you tips and tricks for how to make your garden thrive!



Brush Strokes with Friends | Painting with Tiana Price **August 15th from 2:00pm – 3:00pm**

Back by popular demand, Tiana and her husband Russ will be hosting another amazing, guided painting class. Cost is \$5 per person due the day of the class and includes your canvas and all supplies needed to paint your masterpiece. Class size limited to 20, so call ahead to reserve your spot!

Community Workshops | Open to the Public

Hypertension Workshop | 4 weeks starting **Monday, August 5th from 10:00 a.m. – 11:00 a.m.**

Do you have High Blood Pressure? Nearly half of adults in the United States have been diagnosed with hypertension.

Join our four-week workshop to find out how you can manage your blood pressure. Workshop will begin on Monday, August 5th from 10:00 a.m. – 11:00 a.m. Please plan to attend all four weeks. This is a hybrid class that can be attended in person and /or on ZOOM. Call 928.596.4747 to register.

Diabetic Workshop | Ongoing Mondays from **11 a.m. – 12 noon**

Have you been diagnosed with diabetes or pre-diabetes? We are here to help. Join John Hancock, RN, CDCES hosts a workshop to gain a deeper understanding of how you can live a healthier life. This hybrid class is held in person and via Zoom. **The workshop is ongoing, Mondays from 11 a.m. – 12 noon.** Course content includes:

- What is diabetes and why do I have it
- The importance of exercise
- Monitoring blood sugar
- Meal planning
- Weight loss
- (How to avoid) Complications

T.O.P.S. (Taking Off Pounds Sensibly) | Meets every **Wednesday morning at 8:00am**

Eat what you love and get healthier! TOPS is a weight-loss support program that gives you freedom to follow a meal plan that works for you — and support to help you stick to that plan. With TOPS, you have choices to help you be healthy at any size. No cookie-cutter diets! This group is supportive and welcoming to everyone. Join us today for better health tomorrow.

Rim Country Forget-Me-Nots | Ongoing- Meets **twice monthly on the 1st and 3rd Wednesday at** **1:30pm-3:00pm**

Support for caregivers of those with Alzheimer's, Dementia and Brain Disorders. Financial support, training, information, fellowship and more. This support group is free and open to the public.

COMMUNITY EVENT | Open to the Public

Blood Drive | Vitalant

When: August 2nd from 9:00am – 1:00pm

Location: High Country Seniors, 215 S Beeline Hwy
To schedule an appointment, visit www.Vitalant.org