

Activity Haven Spring Brochure Changes/Additions

NOTE: All Lunches at Activity Haven are subject to availability and may change.

Drop In Activities - New

Card Making Workshop

Monday, April 3, 2017 2:30 pm start
Offered weekly in Room #1 with Helen Roestenberg
\$2.00 drop in user fee

Beginner Conversational French

With Pierette Servos
Thursdays, March 9 – May 18, 2017
10 – 11:30 am in Room #1
\$2.00 user fee paid each week

Bone Building Drop In Class

Must have taken one prior bone building class series before attending
Thursdays, 2:30 – 4:00 pm – Room #6
Offered weekly
\$2.00 drop in user fee

New Instructional Programs

Yoga Dance

With Bill James
Thursday, April 6 – June 8, 2017 at 10:30 am
Room #8
\$50 plus \$2.00 user fee paid each week

Meditation

With Heather Read
April 6 – May 25, 2017 at 2:30 pm
Room #8
\$65.00 plus \$2.00 user fee paid each week.

Beginner Computers (15 weeks) – Added an Additional Class due to Popularity

For beginners and those with limited computer experience.
With Victor Branch
Wednesdays, April 26 – August 2, 2017
at 10:00 am – 12:00 pm
Lab Room
\$40 plus \$2.00 user fee paid each week

Gentle Yoga – Monday

With Terri Phripp
April 3 – June 5, 2017 - **12:45 – 2:00** pm
Room #8
\$50.00 plus \$2.00 user fee paid each week.

Changes to Instructional Programs

Wednesday **Yoga Stretch** listed in this guide with Vicki Barkla starts at **9:30 am** – 10:45 am

Wednesday **Gentle Yoga** listed in this guide with Vicki Barkla will start at **11:00 am** and not 12:30