

## ESSENTRICS FOREVER PAINLESS

The Centre | Thursday 11:30 - 12:15 PM | Ages 18+ | \$5 per class

This age-reversing workout is great for healing and pain relief. This slow-paced and gentle workout will help release tight muscles, rebalance joints, improve flexibility, balance and strength. First class free.

## STRONG BY ZUMBA™

**NEW**

The Centre | Thursday 6:30 - 7:30 PM | Ages 14+ | \$7 per class

Melding strong, upbeat rhythms with powerful, high intensity cardio and strength conditioning moves to fire your fitness potential up a notch, STRONG revolutionizes Zumba®.

## HEALTH SCREENING

### BLOOD PRESSURE CHECK

The Centre | 3rd Thursday, every month 11:00 AM | Free

Get your complementary blood pressure check courtesy of Palm Harbor Fire Rescue.

### EAR WAX CHECK & CLEANING

The Centre | 3rd Thursday, every month 9:00 - 10:30 AM | Free

This complementary service courtesy of St. John's Hearing Institute uses a video otoscope to determine if wax is contributing to hearing loss.

Contact: Robert E. Smith, HAS | 727.791.4090.



### EYE/VISION SCREENING

The Centre | 4th Thursday, every month 10:00 - 12 Noon | Free

Free Retinal Imaging and Visual Acuity & Amsler Grid Testing. Stop in for your free screening on: January 26th, February 23rd, March 23rd or April 27th.

## CERAMICS

The Centre | Adult, Ages 18+ | Wednesday 10:00 - 12 noon | \$15 per class

The Centre | Youth, Ages 7-17 | Wednesday 5:00 - 7:00 PM | \$15 per class

Choose a ceramic piece to paint and let your creative side go! Enjoy relaxation, camaraderie and ambiance. Pick up your finished/fired creation one week later. Classes start 1/11/17.

## PAINTING

The Centre | Ages 50+ | 4th Monday, monthly 10:00 - 12 noon | \$20 per class

You're invited to a Paint Party by *iHeart Corky Art!* Join this relaxing social event where you can also be creative. Instructors lead the class with step-by-step instructions as you create your next masterpiece! Classes start 1/23/17.

## QUILTERS CROSSING

Harbor Hall | All Ages | Wednesday, 9:00 - 12 Noon | \$41 per year [payable to the club, Quilters Crossing]

For more information: Barb Sweet, Membership President | BJSweet01@gmail.com

Learn how to quilt or expand your existing quilting skills when you join other quilters who enjoy making memories with a needle!

## SEWING ~ SIP N' STITCH

The Centre | Ages 18+ | 1st & 3rd Tuesday, 6:00 to 8:00 PM | \$2 per class

Sip Wine, Exchange Ideas, Harness Creativity while improving your skills or learning some new ones. Knitting, crocheting, tatting, rug hooking, sketching, needlepoint & quilting – all projects, big & small.

## WOODCARVING & WOOD BURNING

The Centre | Ages 50+ | Wednesday, 9:00 to 12 noon | \$9 per class

Whether you're a beginner looking to learn the ropes or an advanced craftsman fine-tuning your skills, come join the fun and learn a new and exciting craft.