**Make and Take Essential Oils** | *Heather Mattioni, instructor*
Monday, December 4
10:00-11:00AM

Cafe

Cost\*: $15 per person or 1 gift certificate

In the first half of this workshop, you will learn all about essential oils and the wonderful benefits they provide us. Heather will teach you where they come from, how they are made and how they work with our bodies. In the second half of the workshop, you will be making your own scents! Heather is bringing all of the supplies necessary to make your own therapeutic essential oil roll-on. You can make as many as you want, while supplies last. This class includes one free roll-on and each additional roll-on is just $2!

**Milk Bomb Stocking Stuffers** | *Delania Duncovich, instructor*

Tuesday, December 5

6:00-8:00PM

Teaching Kitchen

Cost: $25 or 1 gift certificate

Join instructor Delania as she helps you make the perfect milk bomb stocking stuffers. This is a beginner class and special accommodations available.

**Winter Evergreen Painting** | *Kittie Coffey-Bintz, instructor*

Tuesday, December 5

6:00-8:00PM

Cost: $25 or 1 gift certificate

Art Studio 2

Limit: 12

Create a serene winter scene using acrylics with instructor Kittie Coffey-Bintz. This is a beginner’s class. Special accommodations are available.

**OPEN MIC COFFEE HOUSE CABARET**
6:00-7:30PM
$5 ADMISSION INCLUDES 2 CUPS COFFEE OR HOT CHOCOLATE

NO AUDITIONS
NO REHEARSAL
A MICROPHONE
AND STAGE

**Adaptive Hip Hop Dance** | *Gretchen Salvione, instructor*

Tuesday: December 5, 12, 19

3:30-4:15PM

Lower Level Dance Studio

Cost\*: $25 per class or 1 gift card

Limit 10

Get your groove on with Gretchen! This class is open to all and is beginner level. Special accommodations are available.

**Comfort Food Cooking** | *Jose Kemp, instructor*

Thursday, December 7

10:00AM-12:00PM

Teaching Kitchen

Cost\*: $25 pre-registration required

Limit 14

Join our chef Jose Kemp in action as he teaches students how to make homestyle comfort food from scratch. Bring your appetite, as eating is part of the experience! This class is open to all and is beginner level. Special accommodations are available.

**Christmas Ornament Class**| *Brenda Dwyer, instructor*

Thursday, December 7

12:00-1:30PM

Art Studio 2

Cost\*: $25 pre-registration | $25 at door

Limit 10
What a perfect class for the holidays! In this adaptive arts class, instructor Brenda Dwyer will teach you how to make the perfect tree ornament to take home and enjoy for years to come. This class is open to all and is beginner level. Special accommodations are available.

**Wreath Making Class**| *Brenda Dwyer, instructor*

Thursday, December 7

2:00-4:00 PM

Art Studio 2

Cost\*: $25 pre-registration | $25 at door

Limit 10
What a perfect class for the holidays! In this adaptive arts class, instructor Brenda Dwyer will teach you how to make the perfect wreath to take home and enjoy. This class is open to all and is beginner level. Special accommodations are available.

**Flame CD Release**
Thursday, December 7

6:00-7:30 PM

Grand Gallery

Cost\*: Free

Join us for a FREE Flame concert and CD release! This will be an awesome performance celebrating the release of their new album, "Christmas Classics." Be one of the first to purchase and hear the new album. The band will be available for autographs! We will have raffles and more.

**Cooking with Nita** | *Nita Preddice, instructor*

Friday, December 8

10:30AM-12:30PM

Teaching Kitchen

Cost: $25 or 1 gift certificate

Join us for a simple cooking class with Nita Preddice. This is a cook and eat class, so bring your appetite! This is a beginner’s class. Special accommodations are available.

**Make and Take Essential Oils** | *Heather Mattioni, instructor*
Monday, December 11
10:00-11:00 AM

Cafe

Cost\*: $15 per person or 1 gift certificate

In the first half of this workshop, you will learn all about essential oils and the wonderful benefits they provide us. Heather will teach you where they come from, how they are made and how they work with our bodies. In the second half of the workshop, you will be making your own scents! Heather is bringing all of the supplies necessary to make your own therapeutic essential oil roll-on. You can make as many as you want, while supplies last. This class includes one free roll-on and each additional roll-on is just $2!

**Cupcake Making** | *Toni Persch, instructor*
Monday, December 11
6:00-8:00PM

Teaching Kitchen

Cost\*: $25 per person or 1 gift certificate

Limit: 12

Do you want to learn how to make cupcakes, fill them and decorate them? Then join us for this class taught by Toni Persch, who is known for making the best cupcakes! This is a beginner’s class. Special accommodations are available.

**Holiday Cookies** | *Delania Duncovich, instructor*

Tuesday, December 12

6:00-8:00PM

Teaching Kitchen

Cost: $30

Limit: 10

Join instructor Delania as she shows you her own recipes for the perfect holiday cookies! This is a beginner class and special accommodations are available.

**Mosaic Pendent** | *Linda Biggers, instructor*

Thursday, December 14

6:00-7:30PM

Art Studio 2

Cost: $30 or 1 gift certificate

In this class, students will create a mosaic pendent using a variety of glass, tile and beads. You will create your own pendent to keep or give to that special someone for the holidays. This is a beginner’s class.

**Holiday Oils Make & Take |** *Heather Mattioni, instructor*

Friday, December 15

6:00-7:00PM

Cafe

Cost: $25

Limit: 20

In the first half of this workshop, you will learn all about essential oils and the wonderful benefits they provide us. Heather will teach you where they come from, how they are made and how they work with our bodies. In the second half of the workshop, you will be making your own scents! Heather is bringing all of the supplies necessary to make your own therapeutic essential oil roll-on and sugar scrubs to keep or give away this holiday season. You can make as many as you want, while supplies last. This class includes one free roll-on and sugar scrub. Each additional roll-on is just $2 and sugar scrub is $4 each!

For each person you bring, you will receive an additional raffle ticket to enter to win a door prize!

**Gingerbread Cookies | Lacy Brower**

Friday, December 15

6:00 – 7:30 PM

Teaching Kitchen

Limit: 10

Join this yummy Class and learn how to make your own gingerbread cookies for the holidays. You will even have cookies to take home to share at the end of the class. This is a beginners class.

**Snow Globe** | *Savannah Simonds, instructor*

Saturday, December 16

12:00-1:45PM

Teaching Kitchen

Cost: $25 or 1 gift card

Join instructor Savannah Simonds as you helps you create your own personal snow globe to enjoy for years to come! All materials are provided. This is a beginner class and special accommodations are available.

**Makeover Monday** | Kate Schwan, instructor

Monday, December 18

10:00AM-12:00PM

Café

Cost\*: $5 pre-registration | $15 at door

On Makeover Monday, instructor Kate Schwan will help you spring into a new look. She will share makeup tricks and beauty secrets to bring out your natural beauty. You will try makeup looks that pair perfectly with your eyes, skin tone and hair. This class is open to all and is beginner level. Special accommodations are available.

**Bingo**

Tuesday, December 19

6:30-7:30 PM

Café

Cost: $5

Meet new people as you play your favorite game! There will be chances to win some great prizes. Refreshments will be sold. Must be 18 to play.

**Chocolate Jumbles** |*Maria Nestle, instructor*

Friday, December 22

10:00AM-12:00PM

Teaching Kitchen

Cost\*: $25 (pre-registration required)

Limit 10

Join instructor Maria Nestle as she shares her Chocolate Jumbles recipe! Each student will take home a cookie tray and recipes. This class is open to all and is beginner level. Special accommodations are available.

**Adaptive Yoga** | *Dori Daknis, instructor*
Mondays: December 7, 14, 21, & 28
10:15–11:15 AM
Single Class: $15
Four Class Pack: $45 - *plus a special gift!*

Treat yourself to gentle yoga postures that provide deep relaxation to rejuvenate your mind, body and spirit. This groundbreaking one-hour session reduces anxiety and stress in a world of constant overwork and over-stimulation. Using a variety of relaxation techniques including guided imagery, meditation, reiki, aromatherapy and breath awareness, this class will help you melt into a state of deep calm designed to bring balance back into your life. Encourage your muscles to relax deeply. Unwind. Feel refreshed and recharged. Restorative yoga can help reverse the effects of chronic stress and generate feelings of well-being. It is recommended for those who are exhausted, anxious and eager to learn powerful tools for managing the rigors of modern life. Please join us on this inward journey toward renewing, restoring and healing.

**Chair Yoga**| Dori Daknis, instructor

Wednesdays: December 6, 13 & January 3, 10

10:45-11:30AM

Single Class: $12

Four Class Pack: $40

Click here to register

Chair yoga is a nice way to ease into the practice. It is also for individuals who prefer a gentle approach to flexibility and poses. This 45-minute session can help you reduce stress as Dori eases you into simple yoga postures on comfortable chairs.

\*Members receive a 20% discount. Don’t forget to enter the code at checkout!