



Join us for Events & Activities
Tuesdays, 10:30AM – 2:30PM
Bethel AME Church, 3 Waterworks Road, Freehold
For information: SCAN: 732-542-1326 / scannj.org

Feb 4 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game <u>1:00PM – 2:00PM</u> Sit & Get Fit with Morrisa	Feb 11 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game Visiting Nurse <u>1:30PM</u> **Special Presentation (see below)	Feb 18 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game <u>1:00PM – 2:00PM</u> Sit & Get Fit with Morrisa
Feb 25 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game	Mar 3 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game <u>1:00PM – 2:00PM</u> Sit & Get Fit with Morrisa	Mar 10 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game Visiting Nurse
Mar 17 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game Special St. Patrick's Day Lunch <u>1:00PM – 2:00PM</u> Sit & Get Fit with Morrisa	Mar 24 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game <u>12:30PM</u> **Special Presentation (see below)	Mar 31 <u>10:30AM - 12 Noon</u> Art With Yatchi Friendly Poker Game <u>1:00PM</u> **Special Presentation (see below)

Art with Yatchi: Join our resident artist, Yatchi Pan, and release your inner artist. This class is for beginners as well as more advanced individuals. Working under Yatchi's guidance, explore pencil sketching, watercolor, charcoal, and pastels. Stop in, try a class, and meet our other friendly members. A list of suggested supplies will be distributed to all registrants.

Sit and Get Fit with Morrisa: Great news! You can sit and get the exercise you need to increase flexibility and strength. Join Morrisa in this fun class and experience **seated** fitness moves that offer a total-body cardio and strength workout. Stop in and start moving.

****Special Presentations:**

February 11: Healthy Hearts for the New Year presented by CentraState Medical Center

March 24: Beyond the Beef Lunch presented by CentraState Medical Center ****Registration Required**

March 31: Energy Bingo Games with Prizes presented by New Jersey Natural Gas