

COMMUNITY CONNECTIONS SPONSOR ACTIVITIES & EVENTS

OCTOBER 2017

Thursday, October 19th Speakers Bureau with Dr. John Scott, M.D.

5:30 p.m. at the Mohawk Community Resource Center in Blairsden.

Dr. Scott will present the story of General Letterman, the Army's Chief Surgeon during the Civil War. Dr. Letterman was responsible for the development of procedures utilized for providing medical care on the battlefield. Dr. Scott developed an interest in Dr. Letterman while assigned to Letterman Hospital in San Francisco during the Vietnam War. This event is free, though a \$5.00+ donation is welcome to help fund MCRC. Light refreshments will be served. For more information or to RSVP call MCRC at 836-0446.

Saturday, October 21st Community Connections

APPRECIATION BRUNCH & 10th Birthday Party!

9:30 am – 12:00 pm at the Plumas-Sierra Fairgrounds in Quincy

This event is for all CC Members/Sponsors to attend. It is a brunch – catered by Back Door Catering and our annual get together to show appreciation for each other and to celebrate our accomplishments!

NOVEMBER 2017

Friday, November 24th and Saturday, November 25th Mohawk Community Art Faire

A Graeagle tradition for over 30 years, is now in the planning stages. Mark your calendars now to get your holiday shopping done while supporting local artists and your community!

ONGOING WORKSHOPS/CLASSES:

SUNDAYS

Sisters in Recovery: Women only (WO), Alcoholics Anonymous Meeting Every Sunday, 3:30-4:30pm at Mohawk Community Resource Center in Blairsden – All are welcome.

Join other women in recovery for an hour to share our common goal: a desire to support each other in recovery one day at time. The group shares their experience, strength, and hope with one another. Meetings will be speaker or topics from the "Big Book" of Alcoholics Anonymous. For more information call MCRC 836-0446.

MONDAYS

Talk Support Group (starts September 18th)

10:00 – 11:00 am at the Greenville Wellness and Resource Center

Do you find sometimes you just want to sit down with people and chat about anything?

No specific subject – just talk, converse, complain, or make new friends. Everyone is welcome – bring yourself and a friend and see what it is all about.

Call 530-283-6307 extension 1003 if you have any questions.

YOGA – FREE

7:00 – 8:00 pm at the Portola Wellness & Family Resource Center (280 E. Sierra Street)
530-832-1827 for more information

Qi Gong for Health and Longevity with Kiara Vicini

3:00pm-4:00pm

This class will introduce students to the practice of basic Qi Gong (Chi Kung) movements. These low-impact movements are simple, easy to follow, and are designed to protect health, build endurance, and prolong life. Drop-ins always welcome. \$5 per class. Call MCRC for more info: 836-0446.

Aerobics/Mat Pilates Combo Class with Joyce Sears

Mondays 8:30 am, at the Mohawk Community Resource Center in Blairsden

Start your week off right with a class designed to help you get & stay fit. Joyce has added a Monday morning aerobics & Pilates combo class to her schedule. Mat Pilates focuses on core strength and flexibility while aerobics helps build strength and endurance, burns fat, and makes for a healthy heart. This combo class is adaptive for all levels, and perfectly complements her other classes. \$10/class drop in, \$7.50/class if you attend 2 or more classes/week. Joyce's classes are 1 hour long and her current schedule is below.

Monday: Aerobics/Pilates Combo 8:30am

Tuesday: Pilates 8am *and* 10am

Stretch-Aerobics-Tone 9am

Friday: Pilates 8am *and* 10am

Stretch-Aerobics-Tone 9am

TUESDAYS

One Song Women's Singing Circle

Drop-In any Tuesday from 6:00 – 7:30 p.m. (\$10 donation appreciated)

Each week we meet in a different community throughout Plumas County.

Please contact Michelle for locations.

Come and enjoy over 50 songs that are easy to learn and harmonize with! This group is for anyone who does or doesn't think they can sing. Michelle has been leading this easy going women's singing circle for 2 years and loving it! She continues to further her training with Voice and Sound Therapists and shares these gifts with the group. For location and more information contact Michelle Beaman at earthsinvitation@gmail.com or 530-919-2959.

Gentle Yoga for all Levels with Petra Koukal 5:30pm

Carve out some quiet time for yourself to tone, rejuvenate, strengthen and stretch. Petra's class is adaptive to any level of experience and ability, and she provides individual attention and guidance to help you get the most out of your practice. In addition to being a yoga instructor, Petra Koukal is a certified personal trainer and nutritionist. Wear comfortable clothing; mats are available or bring your own.

\$10/class, RSVP required as there is a 4 person minimum. Call Mohawk Community Resource Center in Blairsden: 836-0446.

WEDNESDAYS

Senior Lunch and Social Hour

12:00 – 1:00 pm at the Mohawk Community Resource Center in Blairsden: 836-0446

YOGA – FREE

6:30 – 7:30 pm at the Portola Wellness & Family Resource Center.
530-283-6307 ext. 1202 for more information

Quincy Community Supper

Community United Methodist Church – 282 Jackson Street

6:00 – 7:00 p.m.

Join the community for a fantastic dinner provided and served by a different host each week. Donations gratefully accepted.

Chair Yoga Classes

Led by Jeanette Brauner

12:00 – 1:00 p.m. at the Mountain View Manor in Quincy

THURSDAYS**YOGA – FREE**

4:00 – 5:00 pm at the Greenville Wellness & Family Resource Center.
530-283-6307 ext. 1003 for more information

Tai Chi (ongoing)

9:30 am at the Mohawk Community Resource Center in Blairsden: 836-0446

Tai Chi (Intro)

10:30 am at the Graeagle Green

Line Dancing

10:00 – 12:00 at the Mohawk Community Resource Center in Blairsden: 836-0446

FRIDAYS**Card Games/Social Time**

12:30 – 4:00 pm at the Mohawk Community Resource Center in Blairsden: 836-0446