

## COMMUNITY CONNECTIONS SPONSOR ACTIVITIES & EVENTS

### SEPTEMBER 2017

#### **Wednesday, September 20<sup>th</sup> - 20k Lives Senior Resource Group 12:00 pm at the Mohawk Community Resource Center**

This committee will be meeting at the Center in the morning to discuss implementing a user-friendly resource guide specifically for seniors. They will be staying on for the Senior Lunch and will be asking those in attendance for their feedback and suggestions.

#### **Tuesday, September 26<sup>th</sup> 5<sup>th</sup> Annual Senior Summit**

9:30am-3:00pm at the Quincy Veterans Hall

Community Connections will be making a brief program presentation, and several members will share their participation experience. There will also be a number of speakers covering topics like: California Senior Legislature; In-Home Health; Elder Fraud Abuse; Vulnerability of Aging; Local hospital(s); Grief Recovery; and Local Resources. A *free* lunch will be provided, and transportation can be provided upon request. Please call [\(530\) 283-0643](tel:5302830643) to reserve your spot.

#### **Thursday, September 28<sup>th</sup> Speakers Bureau: Falconry with Randy Lenz**

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

Randy will discuss falconry, his birds, and the many experiences he has had with them. He will be bringing a Harris Hawk to the presentation. Randy's birds are frequent visitors to schools so they are accustomed to flying within closed quarters. 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, September 30<sup>th</sup> – Sierra Valley Art + Ag Trail**

The Sierra Valley Art & Ag Trail is a free self-guided tour of market farms, working ranches (many featuring 100+ year old dairy barns), old school houses and other historic buildings where local artists and their works of every color – fiber, wood, paint, glass, ceramic, photographic, leather, metal, and more – are hosted for the day. Start the day at one of three "Trailhead" information centers located near entry points to Sierra Valley. Be sure to purchase a keepsake event passport to join in the fun of collecting stamps from sites and artists along the Trail, and join us afterward for a prize drawing and delicious dinner served by the Plumas-Sierra Cattlemen and Cattlewomen at the Sierra Valley Grange. For more information, please visit our website at: [SierraValleyArtAgTrail.org/](http://SierraValleyArtAgTrail.org/)

### OCTOBER 2017

#### **Saturday, October 7<sup>th</sup> High Sierra Parent Conference**

8:30 – 3:00 at Feather River College in Quincy

FREE – includes breakfast, lunch, child care, and a Chico bag!

For the parents: A break from the kids; Parent Café; Nurtured Heart presentation; Community Resources; raffle prizes.

For the Kids: Fun workshops, free books, delicious meals and snacks.

ADVANCE REGISTRATION is REQUIRED!

Register Online at [www.plumaschildren.org](http://www.plumaschildren.org) or call (530) 283-6557 x 5334

## **Saturday, October 21<sup>st</sup> Community Connections**

### **APPRECIATION BRUNCH**

**10:00 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!**

### **Save the Date:**

COMING IN NOVEMBER! Friday, November 24 and Saturday, November 25 the 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 a 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 18<sup>th</sup>)**

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**

6:30 – 7:30 pm at the Portola Wellness & Family Resource Center.

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](mailto: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