

COMMUNITY CONNECTIONS SPONSOR ACTIVITIES & EVENTS

JUNE 2017

Thursday, June 29th Speakers Bureau “Age Related Conditions of the Brain”
with Dr. Robert T. Knight 5:30 p.m.

Dr. Knight is a Professor of Psychology and Neuroscience at U.C. Berkeley. He is also a Neurologist, M.D. Dr. Knight’s research interest is focused on: Attention and Memory, Neuropsychology and Physiology, and Cognitive Neuroscience. Dr. Knight has a world-wide reputation in his field with numerous publications and honors. Dr. Knight is also the founder of “Frontiers for Young Minds”, which is a program for high school students interested in any area of science. 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, July 8th & Sunday, July 9th Oil Painting Workshop

9:30 am – 4:00 pm at the Mohawk Community Resource Center.

This two-day workshop will be led by David McCamant. Techniques for creating landscapes with beautiful clouds will be one of the areas of focus. David will also be able to assist you with that “unfinished” landscape you are working on. This class has proven to be extremely popular. Call 836-0446 for more information.

Monday, July 10th – Community Connections SWAP MEET ‘N’ EAT - CHESTER

5:30 – 7:00 p.m. at the new Community Wellness Center at 372 Main Street in Chester
*This is a potluck dinner – please plan to bring a dish to share, plates/utensils, and up to 10 useful household items you now longer need and are willing to give away.

Please RSVP! communityconnections@plumasruralservices.org

Sunday, July 16th Parking Lot Sale

8:00 am – 3:00 pm at the Mohawk Community Resource Center (Highways 89 & 70)
The Annual Parking Lot Sale returns with an array of wood crafts, furniture, household items, antiques and vintage crafts, jewelry, and more! Call 836-0446 to reserve your spot.

Thursday, July 20th Speakers Bureau: ‘Custer’s Last Stand’ with Denny Fitzpatrick

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

Denny Fitzpatrick, a former History teacher, has recently returned from a trip to the site of Custer’s Last Stand. The evening presentation will provide you with an informative and interesting insight on this historical event. 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.

SAVE THE DATES:

Saturday, October 21st 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!

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

**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 9-10am, 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 9am

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

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

Age Well: Live Well Gentle Movement and Fall Prevention with Tai Chi:

Thursdays, 1:00pm-2:00pm (at the Mohawk Community Resource Center)

Plumas County Public Health offers this new class with Tai Chi for Health instructor Barbara Inyan. Class is free. The gentle weight-bearing, strength, and balance training movements of tai chi can benefit anyone wishing to improve their health and quality of life. It is an excellent exercise for fall prevention. Cited by Harvard Medical School as one of the 5 best exercises you can ever do, it is especially beneficial for people with arthritis, osteoporosis, back pain, and other health issues. Barbara Inyan is a certified Tai Chi for Health instructor. For more information call Barbara at 836-2320.

FRIDAYS

East Coast Swing Dancing with Julie Lewis

3rd Friday of every month

5:30pm-7:00pm beginner/intermediate instruction

Join Julie Lewis and friends for basic East Coast Swing instruction at 5:30pm, followed by more beginner/intermediate instruction starting at 6pm. Partners are not required but welcome. Class is \$10 and scholarships are available. Julie Lewis has a background in many styles of dance and has taught dance locally for over 20 years. For more information or to register, contact MCRC at 836-0446.