



PALMYRA COMMUNITY CENTER PROGRAM BOARD SPRING 2017 PROGRAMS & EVENTS *something for everyone*

QUICK REGISTER ONLINE: classes fill up
PALMYRACOMMUNITYCENTER.COM

WELLNES YOGA

Lego Class: Ages 5-9

Wednesdays 7-8:15pm 4/12 - 6/7 (8 weeks) **NO CLASS 4/19**
Beginning engineers with Legos work in teams or on their own, to complete in each week's challenge. The challenge will be revealed at the session. Legos will be provided. Please do not bring Legos. **REGISTRATION IS REQUIRED.** Instructor: Christine Young
Fee: Palmyra Residents \$40 Non-Residents \$45

Wellness Yoga With Jill

Croft: Adults & Children 10 and up Sundays 9-10am 4/9 - 6/6 (7 weeks) **NO CLASS 4/16 & 5/28**
Take some time for the mind, body and soul.
Class Fee: Palmyra Residents \$35 Non Residents: \$40 or Drop In Residents \$6 Non \$7

Youth Draw: Ages 7-14

Thursdays 4-5pm 4/6 -5/25 (7 weeks) **NO CLASS 4/20**
The basics of drawing, perspective and composition. Instructions for all levels and adjusted for each child's skill level. No experience needed as step-by-step or more advanced techniques provided. **ALL MATERIALS INCLUDED! PLUS A SKETCHBOOK TO ENCOURAGE DRAWING AT ANYTIME! REGISTRATION IS REQUIRED.**
Instructor: Lee Stoner
Fee: Palmyra Residents \$35 Non Residents \$40

BUILD

Chess Club Ages 9 and Up

Wednesday 3-4pm 4/12-5/24 (6 weeks) **NO CLASS 4/24**
New & experienced players play for fun. **REGISTRATION IS REQUIRED. Free to Palmyra residents Donation to Food Pantry. Non Residents \$20**

Intro to Spotlighters Age 5-6 Monday 4:30-5:30pm 4/10 - 5/22 (6 weeks)

NO CLASS 4/17 A fun class for young thespians to spark their imaginations and learn the basics of theater via games and activities. Short performance 5/22 evening. **REGISTRATION IS REQUIRED**
Instructor: Deb Vanneman **Fee: Residents \$35 Non Residents \$40**

PCCPB Spotlight Showcase: Spotlighters and Piano Show: Monday May 22th Times at: 6:30-8pm

ACT

Spotlighters Age 7-12 Monday

3:30-4:30pm 4/10 - 5/22 (6 weeks) **NO CLASS 4/17**
MORE Spotlighters!!! Acting, singing, mime, movement, Improvisation to build cooperation, creativity, and problem solving skills. Short performance 5/22 evening. **REGISTRATION IS REQUIRED**
Instructor: Deb Vanneman
Class Fee: Residents \$35 Non Residents \$40

DRAW

FEEL GOOD

FIRST FRIDAY

Programs that make you feel good on the first Friday of the Month! Donations to Food Pantry welcomed!

Friday April 7th: Quick Healthy Dinner Options. 7:30-8:30 pm

Presented by the owners of Fresh Produce of Palmyra. You can still buy, prepare & eat healthy even when you are busy! Suggestions & tips for easy healthy dinner options.

Friday May 5th: Spring Art Show 7-9pm

Friday June 3rd: 7:30-9pm "Beyond the Shore: Opening the World of Travel to You" *Want to venture out to see the world and not know where to begin? For the novice or seasoned traveler. Presenters Johanna & Steve Green, owners of Palmyra's own Mayfair Travel, share travel expertise with you. An evening of international food, pictures, discussion, and Q&A session.*

SPECIAL EVENTS

Art Show: Friday May 5th 7-9pm The Art Show will showcase our centers programs, Palmyra local artwork, Charles Street and HPHS student work for your viewing pleasure or purchase. Sign up for a family painting project with Canvas Mixers! See website for more information and register for Art Project (limited spaces) or to show your artwork. Please come and support our talented community. Interested artists must register with the PCCPB.

YOGA

Learn to Play Piano Ages 7-14

Mondays 7-8pm 4/10 – 5/22
(6 weeks) **NO CLASS 4/17** Group lessons give beginners a fun and informal chance to learn the basics of playing. Students learn to read sheet music, proper technique and music theory. Keyboards provided. Short Show 5/22 evening.

REGISTRATION REQUIRED

LIMITED SPACE Instructor: Jessica Goldsmicht **Fee: Resident \$30 Non Residents \$35**

MUSIC

Draw: Ages 14- Adults

Thursdays 7-9pm 4/6-5/25 (7 weeks) **NO CLASS 4/20** A night out to exercise your drawing interests with a new still life each week. A non-instructional class for all artistic levels so bring your own materials or use ours! Drop in or attend every class, no registration required.

Host: Lee Stoner **Class Fee: Donation to Food Pantry or \$5**

Yoga Flow All Levels: Tuesdays

7-8pm – 4/25-4/30 (6 weeks) Join us for Vinyasa Yoga Flow linking breathe & movement flow from pose to pose. You will awaken your strength, energy & flexibility in a relaxed atmosphere. Leave feeling energized & calm. Bring a mat and drink. Children ages 6+ are welcome!!! No prior Yoga experience necessary.

Instructor: Katie Martin
Class Fee: Palmyra Residents \$30 Non Residents \$35 or Drop In: Residents \$6 Non \$7

Music & Me Movement: Age

8mo-4yrs Mondays 10:30-11:15am 4/10 – 5/22 (6 weeks) **NO CLASS 4/17** Develop your child's ear for music, by making & playing fun singing games. Parent Caregiver participation required. Instructor: Deb Vanneman **Fee: Donation to Food Pantry or \$5**

ART

Photo Walk: Sunday April 23th 6-8pm (Rain date 4/30) A walk around town area with your camera in hand while learning how to take better photographs. Take control of you camera and create with purpose. Most importantly have a fun practical experience! Come out and enjoy all there is to be photographed in our great town. DSLR camera suggested. **REGISTRATION IS REQUIRED.** Instructor: Eric Stoner; Canon USA. **Class Fee: Residents \$25 Non Resident \$30**

DONATE

Bread of Life Food Pantry loves our donations; let's keep it up! Look on their Facebook page for needs or donate what you can. Donate at Borough Hall, M-F 8:30-4:30 or the Community Center, in the bucket in the lobby. **Flags** The Community Center has teamed up with the Borough of Palmyra and Girl Scouts to help collect used or damaged flags for proper disposal. Bring flags to the lobby of Borough Hall M-F, 8:30-4:30PM or the Community Center in baskets.

www.palmyracommunitycenter.com

communitycenterprogramboard@gmail.com

PO Box 711 W.Broad Street Palmyra NJ 08065

Call: Lee 215-704-8123

CONTACT

Spring 2017 Register: EASY GO ONLINE: WWW.PALMYRACOMMUNITYCENTER.COM

Make your payment or select offline and mail to: PO Box 711 W.Broad Street Palmyra NJ 08065

Class: _____ Amount: \$ _____

Class: _____ Amount: \$ _____

Class: _____ Amount: \$ _____

Your Name: _____ Cell: _____

Child's Name: _____ Age: _____ Grade: _____

Email: _____

Address: _____ Phone: _____

Emergency Contact Name & Phone: _____

Notes: _____

TOTAL
\$
CASH OR CHECK