

Berea Community Center

Costa Jennings Bruce
Site Coordinator

Scotty Hammett
Assistant Coordinator

Fitness

Chair Yoga

Certified Instructor: Kelly Rosche

Experience the benefits of traditional yoga without the requirement of getting on the floor. Chairs are used for seated poses and support.

Mondays/Wednesdays • 1 pm
\$30/month

Level 1 Line Dance

Instructor: Dorinda Christian

You will learn the basic structure of line dance. Logically learn the most used steps, rhythm, and variety of turns in line dance. This class is for new line dancers and for people who have not danced in a long time, as they will build a firm foundation for future line dance classes.

Fridays • 8:30 am
\$20/month

Level 2 Line Dance

Instructor: Dorinda Christian

People with dance experience especially from Level 1 class. We will take everything you learned previously and improve on those skills as you further develop and learn additional types of steps, increase speed in turns, and complete longer dances with more unique steps to memorize. This class is for dancers who love the art of line dance and are ready for a challenge.

Wednesdays • 2 pm
\$20/month

SilverSneakers® Circuit

Certified Instructors: Lynnette Carter/Jo Miller

Move to great music in a class that includes easy-to-follow, low-impact aerobic movement, upper body strength, core conditioning, balance, flexibility, and more! Participants need to be comfortable standing and able to transfer body weight safely.

Tuesdays/Thursdays/Fridays • 10 am
Cost: Free

SilverSneakers® Classic

Certified Instructors: Lynnette Carter/Kelly Rosche

A class perfect for any level! Exercises are designed to increase muscle strength and range of motion for daily living. Chairs are available for seated exercises and standing support.

Mondays/Wednesdays • 10 am
Tuesdays/Thursdays • 1 pm
Cost: Free

Special Interest

Bingo

2nd and 4th Fridays • 1 pm

Apr 8 Hosted by Caption Call

Apr 22 Hosted by Oak Street Health

May 13 Hosted by Cigna

May 27 Hosted by Oak Street Health

June 10 Hosted by Oak Street Health

June 24 Hosted by Waterstone on Augusta

Cost: Free

Birthday Party!

Hosted by Oak Street Health

Open to all members, but those having a birthday in the months of April, May, and June will get a special treat!

Monday, June 13 • 12:30pm
Cost: Free

Garden Club

An opportunity to show off your green thumb and bring the planters in our backyard to life! No experience necessary. Supplies are not provided, so bring gardening gloves and tools if you're able to do so.

Wednesdays • 11:00 am
Cost: Free

Monthly Craft

Come participate in our monthly craft led by a volunteer instructor! Inquire about craft details by speaking with a staff member at the beginning of each month.

April 8 • 12 pm

May 13 • 12 pm

June 10 • 12 pm

Cost: \$7/class

Sew Much Fun!

Welcome sewers of all experience levels. Participants bring their own supplies and work on individual projects in the company of group members.

Tuesdays • 9:30 – 11:30 am

Cost: Free

Stitch in Time

For anyone who stitches with hooks and needles. Participants bring their own supplies. Group often donates items to local organizations.

Tuesdays • 12:30 – 2 pm

Cost: Free

Seminars

AARP Smart Driver Course

Presented by: Ed Scheumann, Volunteer AARP Driver Safety Instructor

This 4-hour class incorporates video, lecture, and group discussion. You will learn defensive driving techniques, new traffic laws, and rules of the road. Get information on navigating adverse weather conditions as well as new automobile technology..

Monday, May 16 • 9 am – 1 pm

AARP Member: \$20

Non-AARP Member: \$25

Stay at Home Longer

Presented by Corporate Member, Lionel Bregetti, Consumer Asset Protectors

Come nourish your body and your mind! Lionel will bring snacks and door prizes for you to enjoy while learning about new laws that started in June, 2021. These new laws can provide up to \$250,000 of home health care benefits and services so that long-term hospitalization and mandatory entrance into nursing homes can be avoided.

Friday, May 6 • 9:30 am

Cost: Free

Cooking Matters

Presented by: Clemson University, Youth Learning Institute, SNAP-Ed

This 6-week meal preparation class will teach you how to create healthy, delicious meals on a budget. Learn various cooking techniques and sample recipes prepared in class. Participants need to be able to attend at least 4 of the 6 classes. Class size is limited, so register early.

Tuesdays, Apr 5 – May 10 • 2-4 pm

Cost: Free

End of Life Care Options

Presented by: Corporate Member Lance Dauby, PruittHealth

Life is a journey and no two journeys are the same. Learn what options are available for health care so you can stay at home in comfort.

Thursday Apr 28 • 10 am

Cost: Free

Intro to Fly Fishing

Volunteer Instructor: Steve Gross of Dodson Fishing Company

This class is an introduction to the art of fly fishing. Topics will include: necessary equipment, basic flies, knots, rigs, casting, and locations in South Carolina that are easily accessible.

Thursdays Apr 7 – Apr 28 • 1 pm

Cost: Free