



# NEW U

*New Knowledge. New Passion. New You.*

## COURSE OFFERINGS

April 2019



8883 Browning Dr.,  
Waterville, OH 43566  
[www.bmcoho.org](http://www.bmcoho.org)



*Connecting Seniors  
Meaningfully*

2430 S. Detroit Ave.,  
Maumee Ohio 43537  
[www.maumeeseniorecenter.com](http://www.maumeeseniorecenter.com)

# APRIL COURSE OFFERINGS

Courses take place at either:

Browning Masonic Community, 8883 Browning Dr., Waterville, OH 43566  
or

Maumee Senior Center, 2430 S. Detroit Ave., Maumee Ohio 43537

*Keep in mind, space is limited for each course.*

## Monday, April 1

### Courses held at Maumee Senior Center

#### □ Drumming-Zumba Fusion | 5:30 – 6:30 PM

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!

*\$32 fee for 8 classes*

#### □ Yoga Flow | 6:00 – 7 PM

Find your Zen while doing various yoga poses designed to relax the mind and body. Modifications are available for all body types. Bring your yoga mat!

*\$16 for 4 classes*

#### □ Great Decisions-World Affairs Discussion Group | 5:30-6:30 PM

Presented through a partnership with the Toledo Lucas County Public Library, Maumee Branch. Topic: The United States & Mexico: Partnership Tested.

## Tuesday, April 2

### Courses held at Browning Masonic Community

#### □ Navigating Todays Banks: Tips and Tricks from the Pros 1:30-2:30 PM

Learn from Brenda Mossing, Assistant Vice President at Farmers and Merchants State Bank how to best manage your investments and a variety of other topics.

#### □ Painting 101 | 5:30-7 PM

Engage your creativity with Pop It Paint It, a local artist program that helps the average individual uncover their artist potential. Pick your own design and hang your pallet painting with pride in your home!

## **Wednesday, April 3**

### **Courses held at Maumee Senior Center**

#### ☐ **Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!

*\$32 fee for 8 classes*

#### ☐ **Jewelry Making Class | 5:30 – 7 PM**

Craft your own unique necklace or a set of earrings and bracelet with the help of a seasoned professional.

*\$15 fee. Supplies included.*

#### ☐ **Yoga Flow | 6–7 PM**

Find your Zen while doing various yoga poses designed to relax the mind and body. Modifications are available for all body types. Bring your yoga mat!

*\$16 fee for 4 classes*

## **Thursday, April 4**

### **Courses held at Browning Masonic Community**

#### ☐ **Legacy Planning with Thrivent Financial | 1:30-2:30**

Learn how the experts at Thrivent navigate the assurance of financial stability after a loss.

#### ☐ **Nutrition Myths | 5:30-6:30 PM**

Join Michelle Cleland, Registered Dietitian, for a myth-busting class full of common misconceptions in the average diet! Healthy Snacks provided by the scratch kitchen at Browning Masonic Community.

## **Monday, April 8**

### **Courses held at Maumee Senior Center**

#### ☐ **Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!

*\$32 fee for 8 classes*

#### ☐ **Yoga Flow | 6– 7 PM**

Find your Zen while doing various yoga poses designed to relax the mind and body. Modifications are available for all body types. Bring your yoga mat!

*\$16 fee for 4 classes*

□ **Self Defense Over 50 Class Part 1 | 5:30-6:30 PM**

Learn the basics of how to reduce the chances of being victimized with the help of the pros. Broaden your sense of awareness and learn to protect yourself more effectively! Space is limited!

*\$7 fee - Includes both classes*

□ **Tips and Tricks for Silhouette and Cricut Users | 5:30-7 PM**

Learn Secret Shortcuts for making your projects simple and easy. You'll also take home a sign that you crafted in class.

*\$15 fee. Supplies included.*

## **Tuesday, April 9**

### **Courses held at Browning Masonic Community**

□ **Curb Appeal 101 | 1:30 – 2:30 PM**

Learn from Real Estate Pro Allison Luce with AA Green on how simple tips and tricks can help increase the value of your home before putting it on the market!

□ **Nutrition Myths | 5:30-6:30**

Join Michelle Cleland, Registered Dietitian, for a myth-busting class full of common misconceptions in the average diet! Healthy Snacks provided by the scratch kitchen at Browning Masonic Community.

## **Wednesday, April 10**

### **Courses held at Maumee Senior Center**

□ **Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!

*\$32 fee for 8 classes*

□ **Yoga Flow | 6:00 – 7 PM**

Find your Zen while doing various yoga poses designed to relax the mind and body. Modifications available for all body types. Bring your yoga mat!

*\$16 fee for 4 classes*

□ **Self Defense Over 50 Class Part 2 | 5:30-6:30 PM**

Learn the basics of Self Defense alongside the pros. Broaden your sense of awareness and learn to protect yourself more effectively! Space is limited!

*\$7 fee includes both classes*

## **Thursday, April 11**

### **Courses held at Browning Masonic Community**

#### ☐ **Old Homes of Waterville | 1:30 PM**

Take a step back in time and learn about the lives Waterville residents used to live hundreds of years ago. Waterville Historical Society's Jim Conrad will present Historic and Current photos of standing homes in the Waterville area.

#### ☐ **Cooking for Two with Chef Gary Lay | 5:30-7 PM**

Always overshoot how much to make for dinner? Learn from Chef Gary how to make delicious gourmet meals for two.

## **Monday, April 15**

### **Courses held at Maumee Senior Center**

#### ☐ **Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!  
*\$32 fee for 8 classes*

#### ☐ **Great Decisions—World Affairs Discussion Group | 5:30-6:30 PM**

Presented through a partnership with the Toledo Lucas County Public Library, Maumee Branch. Topic: Decoding U.S.-China Trade.

## **Tuesday, April 16**

### **Courses held at Browning Masonic Community**

#### ☐ **3rd Street Blooms Floral Demonstration and Class | 1:30-4:30 PM**

Learn alongside the pros and craft the perfect floral centerpiece to take home!  
*\$15 fee, includes supplies*

#### ☐ **Social Security: Timing is Everything | 5:30-6:30 PM**

Do you have questions about what to expect after you retire? Join Thrivent Financial's Greg Durivage for navigating your options. This course is also for current Social Security Beneficiaries!

## **Wednesday, April 17**

### **Courses held at Maumee Senior Center**

#### ☐ **Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!  
*\$32 fee for 8 classes*

**☐ Move to Music Interval Training | 5– 6 PM**

Dance classes offered combining dance moves with weight training. Intro level dance class designed to improve muscle tone, balance, coordination, and agility. Come ready to learn!

*\$10 fee includes both classes*

**Thursday, April 18**  
**Courses held at Browning Masonic Community**

**☐ Military Vietnam Correspondence History and Asian Cooking Demo**  
**5:30-7:30 PM**

Learn about the significance of the press in the Vietnam War and experience popular foods of the Asian culture.

**Monday, April 22**  
**Courses held at Maumee Senior Center**

**☐ Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!

*\$32 fee for 8 classes*

**☐ Build a Butterfly Bath Workshop**  
**5:30– 6:30 PM**

Master Gardener Sue LaFontaine will teach attendees how to build a butterfly bath to attract butterflies to the garden.

*\$10 fee includes supplies*

**Tuesday, April 23**  
**Courses held at Browning Masonic Community**

**☐ Mind, Spirit, and Body – Aligning yourself for success**  
**1:30-2:30 PM**

Stress have you going crazy? Learn how our mind, spirit, and body all work together to combat daily stressors with Bryan Allard, Director of Anthony Wayne YMCA.

**☐ Curb Appeal 101 | 1:30 – 2:30 PM**

Learn from Real Estate Pro Allison Luce with AA Green on how simple tips and tricks can help increase the value of your home before putting it on the market!



## **Wednesday, April 24**

### **Courses held at Maumee Senior Center**

#### ☐ **Drumming-Zumba Fusion | 5:30 – 6:30 PM**

An upbeat fitness class that combines cardio drumming, Zumba, weights, and easy-to-follow dance. Come ready to get your groove on!

*\$32 fee for 8 classes*

#### ☐ **Move to Music Interval Training | 5:00 – 6:00 PM**

Dance classes offered combining dance moves with weight training. Intro level dance class designed to improve muscle tone, balance, coordination, and agility. Come ready to learn!

*\$10 fee includes both classes*

## **Thursday, April 25**

### **Courses held at Browning Masonic Community**

#### ☐ **Photography 101 | 1:30-2:30 PM**

Learn about today's top technologies in photo enhancement and simple tips and tricks to make your portraits stand out from Galati Photography.

#### ☐ **Old Homes of Waterville | 5:30 PM**

Take a step back in time and learn about the lives Waterville residents used to live hundreds of years ago. Waterville Historical Society's Jim Conrad will present Historic and Current photos of standing homes in the Waterville area.

## **MARK YOUR CALENDARS TO ATTEND THE**

# **“Class Reunion” Happy Hour!**

**Monday, April 29 at Beer Barrel – Maumee  
from 4-6 PM**

RSVP for the party today by calling 419.878.1878,  
as space is limited!

*(No fee, heavy appetizers are included!)*



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