



**Open Monday-Thursday, 10:00 AM-3:00 PM**  
For a complete list of programs and updated information,  
please visit [www.godfreymillercenter.org](http://www.godfreymillercenter.org)

*For programs with \*\*\* please RSVP to: 540-667-5869 or [anna@godfreymillercenter.org](mailto:anna@godfreymillercenter.org)*

**Android Smart Phone Help Session - Monday, December 2, 10:00-10:45 AM**

Join Program Coordinator Anna for help with your smart phone. Bring your device, account passwords, and any questions!

**Guided Meditation - Tuesdays, December 3 and 17, 1:00 PM**

Join Meditation Instructor Mercia for a guided meditation session. It is a perfect midweek refresh!

**Lunch - Mondays, December 2, 9, & 16, 12:30 PM \*\*\*RSVP (Tickets: \$9.00)**

- December 2: Beef Stroganoff, Green Beans, Rolls, & Dessert
- December 9: Roast Chicken, Pesto Pasta, Cauliflower with Cheese Sauce, & Dessert
- December 16: French Bread Pizza, Italian Chopped Salad, & Dessert

**Art Class: Acrylic & Watercolor Painting - Tuesdays, December 3, 10, & 17, 10:00 AM-12:00 PM \*\*\*RSVP**

In this course, students will develop painting skills, techniques, and aesthetic sensibilities related to artistic expression in acrylic and/or watercolor mediums. Each week will focus on a different subject, emphasizing color and composition, and enabling students to expand and better define their unique style and technique. Taught by master artist Tracy Burke. (Suggested donation: \$15 per class)

**Art Class: Drawing - Tuesdays, December 3, 10, & 17, 1:00-3:00 AM \*\*\*RSVP**

In this course, students will improve drawing skills through using a combination of mediums such as graphite, charcoal, pen, and ink. Students will have their choice of mediums to help define their styles. Taught by master artist Tracy Burke. (Suggested donation: \$15 per class)

**Workshop: Christmas Diamond Art - Wednesday, December 4, 10:30 AM \*\*\*RSVP**

Come make a unique Christmas diamond art craft! Instructions and supplies are provided. (Suggested Donation: \$5)

**Lunch - Wednesdays, December 4, 11, & 18, 12:30 PM \*\*\*RSVP (Tickets: \$9.00)**

- December 4: Chicken & Broccoli Divan, Rice, & Dessert
- December 11 - Christmas Lunch with Grace Preschool Carolers: Ham, Sweet Potato Casserole, Green Bean Casserole, & Dessert
- December 18: Corn Chowder, Turkey Sliders, & Dessert

**Workshop: Sugar Scrubs - Thursday, December 5, 10:30 AM \*\*\*RSVP**

This DIY sugar scrub will make a perfect gift for the upcoming holiday season. In this workshop, participants will make a custom sugar scrub with all natural ingredients. All supplies provided. (Suggested Donation: \$8)

**Lunch - Thursdays, December 5, & 19, 12:30 PM \*\*\*RSVP (Tickets: \$9.00)**

- December 5: Chili, Pasta Salad, Cornbread Muffins, & Dessert
- December 19: Meatloaf, Mashed Potatoes, Broccoli, & Dessert

**Sunday Stitch-In - Sundays, December 8 and 22, 2:00 PM**

The Winchester Chapter of the Embroiderers' Guild of America, in cooperation with Godfrey Miller Center (GMC), is hosting "Sunday Stitch-In." at 2:00 PM. The stitch-ins are for anyone who loves stitching and wants to learn the ins and outs of embroidery. All skill levels are welcome. For questions contact us at 703-946-0191 or winchesterega@gmail.com

**Fall Concert Series: Windsong Community Chorus Christmas Performance - Sunday, December 8, 4:00 PM, Grace Lutheran Church (26 W. Boscawen St.)**

Windsong is a group of fun-loving energetic women from all walks of life with one common goal of singing simply for the joy of singing! Our repertoire consists of familiar, popular songs that make us tap our toes and recreate a special memory. Freewill offering benefits the mission and ministry of the Godfrey Miller Center.

**iPhone Help Session - Monday, December 9, 10:30-11:30 AM**

Join Program Coordinator Anna for help with your smart phone. Bring your device, account passwords, and any questions!

**Christmas Tea Party - Thursday, December 12, 1:00 PM \*\*\*RSVP (Tickets: \$25)**

It's the most wonderful time of the year, so join us as we celebrate the holidays with a Christmas Tea. There will be a variety of tea flavors to try, savory bites, scones, and sweet treats.

**Practical Tai Chi - Monday, December 16, 11:00 AM**

Adrian's Practical Tai Chi classes are a blend of tai chi and qigong, meant to get the practitioner connected into their own body. The focus is on proper body structure and grounding, while different series of movements are performed. Attendees can expect to feel more grounded, relaxed, and rejuvenated after each class. Limited-mobility friendly! (Suggested Donation: \$3)

**Workshop: Christmas Crafts - Wednesday, December 18, 10:30 AM and 1:30 PM \*\*\*RSVP**

Join Lorraine for a Christmas craft workshop! This workshop will guide you through making custom Christmas gift tags, treat boxes, ornaments, and more. (Suggested Donation: \$6)

**Godfrey Miller Center will be Closed from Monday, December 23 - Sunday, January 5. We look forward to being with you in the new year beginning on Monday, January 6.**

<p style="text-align: center;"><b>Every Monday</b></p> <p>Jigsaw Puzzles – 10:00 AM          Art Studio – 10:00 AM          Exercise for Balance and Strength – 2:00 PM          (Suggested donation: \$3.00)</p>	<p style="text-align: center;"><b>Every Wednesday</b></p> <p>Exercise for Balance and Strength – 2:00 PM          (Suggested donation: \$3.00)</p>
<p style="text-align: center;"><b>Every Tuesday</b></p> <p>Canasta/Hand &amp; Foot – 10:00 AM          Strength and Conditioning Class – 2:00 PM</p>	<p style="text-align: center;"><b>Every Thursday</b></p> <p>Mahjong – 10:00 AM          Strength and Conditioning Class – 2:00 PM</p>