

Open Monday-Thursday, 10:00 AM-3:00 PM
For a complete list of programs and updated information,
please visit www.godfreymillercenter.org

For programs with * please RSVP to: 540-667-5869 or anna@godfreymillercenter.org**

Android Smart Phone Help Session - Monday, January 6, 10:30-11:30 AM

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

Lunch - Mondays, January 6, 13, & 27, 12:30 PM *RSVP (Tickets: \$10)**

- January 6: Spaghetti & Meatballs, Broccoli, Garlic Bread, & Dessert
- January 13: Sloppy Joes, Potato salad, Baked beans, & Dessert
- January 27: Chicken Enchilada Casserole, Rice, Cornbread Muffins, & Dessert

Still Life Art Studio - Tuesdays, January 7, 14, 21, & 28, 10:00 AM-12:00 PM *RSVP**

Each Tuesday in January there will be a different still life subject set up for artists to come and paint or draw. This is a great opportunity to practice your artistic skills with friends! All supplies are provided, but you are welcome to bring your own as well. (Suggested Donation: \$5)

Workshop: Winter Diamond Art - Wednesday, January 8, 10:30 AM *RSVP**

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

Lunch - Wednesdays, January 8, 15, 22, & 29, 12:30 PM *RSVP (Tickets: \$10)**

- January 8: Stuffed Peppers, Roasted Carrots, Bread, & Dessert
- January 15: Fiesta Chicken, Cornbread, & Dessert
- January 22: Loaded Baked Potatoes, Green Beans, Bread, & Dessert
- January 29: BBQ Chicken, French Fries, Baked beans, & Dessert

Lunch - Thursdays, January 9, 16, 23, & 30, 12:30 PM *RSVP (Tickets: \$10)**

- January 9: Roast Pork, Mac & Cheese, Green Beans, & Dessert
- January 16: Chicken Noodle Soup, Grilled Cheese, & Dessert
- January 23: Roast Beef Sliders, Green beans, Sweet potatoes, & Dessert
- January 30: Lasagna, Garlic Bread, Cucumber Salad, & Dessert

Sunday Stitch-In - Sunday, January 12, 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

Practical Tai Chi - Mondays, January 13 & 27, 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: Valentine Cards - Wednesday, January 15, 10:30 AM and 1:30 PM *RSVP**

Master paper crafter, Lorraine, will be holding two workshops in January. Each workshop will be the same; creating unique valentines for a friend, lover, or neighbor. No crafting experience needed!
(Suggested Donation: \$6)

Godfrey Miller Center will be closed on Monday, January 20 in recognition of Martin Luther King Jr. Day.

iPhone Help Session - Monday, January 27, 10:30-11:30 AM

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

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