



March 2026 Highlights

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**

Seated Yoga - Mondays, March 2, 16, & 30, 11:00 AM

Join yoga instructor, Debbie Coulson, for a seated chair yoga session. All are welcome - including beginners!
(Suggested Donation: \$3)

Lunch - Mondays, March 2, 9, 16, 23, & 30, 12:30 PM *RSVP (Tickets: \$10)**

- March 2: French Bread Pizzas, Antipasto Salad, & Dessert
- March 9: Shepherd's Pie, Bread, & Dessert
- March 16: Chicken & Broccoli Divan, Rice, Bread, & Dessert
- March 23: Smothered Pork, Cabbage, Bread, & Dessert
- March 30: Sloppy Joes, Potato Salad, Balked Eyed Pea Salad, & Dessert

Lunch - Wednesdays, March 4, 11, 18, & 25, 12:30 PM *RSVP (Tickets: \$10)**

- March 4: Meatloaf, Mashed Potatoes, Peas, & Dessert
- March 11: King Ranch Chicken Casserole, Mexican Rice, Refried Beans, & Dessert
- March 18: Lasagna, Garlic Bread, Cucumber Salad, & Dessert
- March 25: Beef Stroganoff, Green Beans, Rolls, & Dessert

Lunch - Thursdays, March 5, 12, 19, & 26, 12:30 PM *RSVP (Tickets: \$10)**

- March 5: Tortellini Soup, Grilled Turkey & Cheese, & Dessert
- March 12: Baked Ziti, Italian Chickpea Salad, Garlic Bread, & Dessert
- March 19: Chicken & Sausage Jambalaya, Bread, & Dessert
- March 26: Loaded Baked Potatoes, Zucchini, Cornbread Muffins, & Dessert

Sunday Stitch-In - Sundays, March 8, 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

Android Smart Phone Help Session - Monday, March 9, 10:30-11:30 AM

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

Art Class: Acrylic & Watercolor Painting - Tuesdays, March 10, 17, 24, & 31, 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, March 10, 17, 24, & 31, 1:00-3:00 PM *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)

Mahjong Lessons - Thursdays, March 12, 19, & 26, 10:00AM-12:00PM *RSVP**

Come learn the game of Mahjong! These lessons are open to all skill levels from beginner to long time players. Please plan to attend all three sessions.

Workshop: 18th Century Sewing - Tuesdays, March 12 & 26, 10:00-11:30 AM

The Fort Loudoun Chapter of the Daughters of the American Revolution is hosting classes to learn to hand sew an 18th Century petticoat (skirt), perfect to wear to one of the many VA250 events. The techniques are useful for modern clothing alterations and repairs. This is a drop-in course. Attendees should bring scraps of cotton or linen fabric, cotton thread, a needle, pins, and scissors to their first session, during which they will receive a full supply list and instructions. Any skill level is welcome.

Bingo - Thursday, March 12, 10:30 AM *RSVP**

Join us for a game of Bingo! There will be many useful and fun prizes available for you to win.

Workshop: Diamond Art - Wednesday, March 18, 10:30 AM *RSVP**

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

Pavilion Open House & Kitchen Shower - Sunday, March 22, 12:15 PM

Celebrate with us during our 50th anniversary year! Join us as we celebrate the completion of our kitchen and Judge Woltz Pavilion renovations! We're excited to open our doors and invite you to tour these newly renovated spaces. If you'd like to help us put the finishing touches on them, Godfrey Miller Center is registered at Target and Amazon. We hope you'll stop by to celebrate with us!

iPhone Help Session - Monday, March 23, 10:30-11:30 AM

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

Practical Tai Chi - Wednesday, March 25, 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)

Then & Now: 1976 Trivia - Thursday, March 26, 10:30 AM

Take a trip back to 1976 with this trivia game full of familiar moments and surprises. Share a few laughs, spark memories, and enjoy remembering "back in the day."

<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>Samba/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>