



# May 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](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, May 4, 10:30-11:30 AM**

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

## **Seated Yoga - Mondays, May 4 & 18, 11:00 AM**

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

## **Lunch - Mondays, May 4, 11, & 18, 12:30 PM \*\*\*RSVP (Tickets: \$10)**

- May 4: Spaghetti & Meatballs, Broccoli, Garlic Bread, & Dessert
- May 11: Chicken Salad Sandwich, Pasta Salad, Fruit, & Dessert
- May 18: Roasted Red Pepper, Chicken & Mozzarella Sub, Italian Chickpea Salad, & Dessert

## **Monday Card Games, Mondays, May 4, 11, & 18, 12:00 - 3:00 PM**

Come and play Euchre, Hearts, Bid 500, Pinochle, or Hand & Foot. For more information contact Jane Politte at [jppolitte@gmail.com](mailto:jppolitte@gmail.com)

## **Art Class: Acrylic & Watercolor Painting - Tuesdays, May 5, 12, 19, & 26, 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, May 5, 12, 19, & 26, 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)

## **Lunch - Wednesdays, May 6, 13, 20, & 27, 12:30 PM \*\*\*RSVP (Tickets: \$10)**

- May 6: King Ranch Chicken Casserole, Mexican Street Corn Salad, & Dessert
- May 13: Lasagna, Green Beans, Garlic Bread, & Dessert
- May 20: Roast Beef Sliders, Macaroni Salad, Fruit, & Dessert
- May 27: Loaded Baked Potatoes, Zucchini, Garlic Bread, & Dessert

## **Lunch - Thursdays, May 7, 14, & 21, 12:30 PM \*\*\*RSVP (Tickets: \$10)**

- May 7: Meatloaf, Mac & Cheese, Peas, & Dessert
- May 14: Shredded BBQ Pork Sandwich, Potato Salad, Chips, & Dessert
- May 21: Chicken Pot Pie, Cucumber Salad, & Dessert

**Workshop: 18th Century Hand Sewing - Thursdays, May 7 & 21, 10:00-11:30 AM**

The Fort Loudoun Chapter of the Daughters of the American Revolution is hosting classes to learn how to sew an 18th Century jacket. 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.

**Sunday Stitch-In - Sunday, May 10, 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

**New Mahjong Time - Wednesdays, May 13 & 27, 10:00 AM - 12:00 PM**

In addition to our regular Thursdays of Mahjong, there will be two opportunities to play on Wednesdays. Beginners and experienced players are welcome to join!

**Practical Tai Chi - Wednesday, May 13, 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)

**iPhone Help Session - Monday, May 18, 10:30-11:30 AM**

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

**Workshop: Spring to Summer Greeting Cards - Wednesday, May 20, 10:30 AM \*\*\*RSVP**

Join Lorraine for a custom greeting card workshop! This workshop will guide you through making greeting cards perfect for Spring and Summer. (Suggested Donation: \$6)

**Workshop: 50 Years in Bloom - Thursday, May 21, 10:30 AM \*\*\*RSVP**

Celebrate 50 years of growth and community with a potted plant workshop. Decorate your own gold pot and plant a marigold to take home a living symbol of how we've grown together over the last 50 years! (Suggested Donation: \$8)

**Guided Historic Tours - Third Thursday, May 21, 1:00-3:00 PM**

Stop in for a guided tour of the historic Godfrey Miller Home. Learn about the historic home and what the Center does today!

**Godfrey Miller Center will be closed on Monday, May 25 in recognition of Memorial Day.**

**Spring Fling Tea - Thursday, May 28, 1:00 PM \*\*\*RSVP**

Come celebrate Spring with tea and treats! There will be a variety of tea flavors to try, savory bites, scones, and sweet treats. (Tickets: \$25)

<p style="text-align: center;"><b>Every Monday</b></p> <p>Jigsaw Puzzles – 10:00 AM          Art Studio – 10:00 AM          Monday Card Games – 12:00 PM          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>Samba/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>