










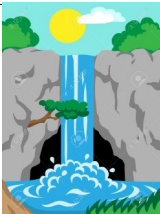











2021 SOS Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Class Descriptions:</p> <p>Computers- Intro level. Computers provided or bring your own tablet, phone, or other device and your questions!</p> <p>Painting with Cindy- Beginner step-by-step painting class where everyone leaves with a masterpiece!</p> <p>Movies- Favorite Oldies</p> <p>Exercise: Yoga / Meditation / Range of Motion- Beginner Level and lots of fun!</p> <p>Crafts- All are easy, fun, and free!</p> <p>Whitewater Falls- 1/4 mile paved walkway to Upper Whitewater Falls overlook. Carpool</p> <p>Cooperative Extension- Quick paced, informative and fun programming for all to use.</p>		31 	1  <p>1:00 Computers with Patty 2:00 Chair Yoga</p>	2  <p>1:30 CRAFTS 3:00 Range of Motion</p>	<div style="border: 2px solid purple; padding: 10px; text-align: center;"> <p>Have a hobby or craft you would like to teach? We would love to hear from you!</p> <p>Contact Lauren at the Quebec Community Center to come teach your hobby at our afternoon SOS program. (828) 862-4466</p> </div>		
		7 <p>1:00 Painting with Cindy 3:00 Range of Motion</p> 	8  <p>1:00 Computers with Patty 2:00 Guided Meditation</p>	9 <p>1:30 Lt. Chuck Owenby & Lt. Sam Owen</p> <p>Present :  Home Security </p>			
			14 <p>2:00 Cooperative Extension Rep. Renay Knapp</p> 	15  <p>1:00 Computers with Patty 2:00 Chair Yoga</p>	16  <p>1:00 Whitewater Falls Trip</p> 	20 	21 
			21 <p>1:00 MOVIE 3:00 Chair Yoga</p> 	22  <p>1:00 Computers with Patty 2:00 Guided Meditation</p>	23  <p>1:00 Painting with Cindy 2:00 Hunger Coalition</p>	27	28 
			28 <p>1:30 CRAFTS 3:00 Guided Meditation</p>	29  <p>1:00 Computers with Patty 2:00 Chair Yoga</p>	30 <p>2:00 Cooperative Extension Rep. Renay Knapp</p> 	1	

Phone #'s: Quebec Community Ctr.— 862-4466
WCCA— 884-2255 Transportation— 884-3203