# August 2022

**7pm NA Meeting** 

Office Hours Mon-Thurs Sam-4pm Fridays (Cam-2pm

to calendar

Belfair, WA 98528

Sun.	Monday	Tuesday	Wednesday	Thurs.	Fri.	Sat.
	10AM Live Music & Dancing 12PM Salad Bar 1PM Memoirs 3PM The Practice (live music)	10AM Live Music & Dancing 12PM Salad Bar 1PM Mahjong 7pm NA Meeting	8:30AM Zumba Gold 10:30 AM Tai Chi 2:30pm Ping Pong 3:30PM Crafternoon	10:30 AM Card Making 4PM Cancer Support Group	5	6
1PM 0PTH 5PM Dinner Church	9:30AM-4pm Foot Care 10AM Live Music & Dancing 10am- Certified notary 12PM Salad Bar 1PM Memoirs 3PM The Practice (live music)	10AM Live Music & Dancing 12PM Salad Bar 10AM Reverse Mortgage Info 1PM Mahjong 7pm NA Meeting	-No Zumba- 10:30 AM Tai Chi 1PM Engaging Aging 2:30pm Ping Pong	10:30AM Paper Crafts  4PM Cancer Support Group  6PM NMCV 11	10AM Coffee Social	10-2PM Derby Car Workshop
5PM Dinner Church	9:30AM-4pm Foot Care 10AM Live Music & Dancing 12PM Salad Bar 1PM Memoirs	10AM Live Music & Dancing 12PM Salad Bar 1PM Mahjong 7pm NA Meeting	8:30AM Zumba Gold 10:30 AM Tai Chi 2PM P.A.C.K. 2:30pm Ping Pong 3:30PM Crafternoon	4PM Cancer Support Group 7PM American Legion Post 200	6:30PM Family Bingo	10-2PM Derby Car Workshop
5PM Dinner Church	9:30AM-4pm Foot Care 10AM Live Music & Dancing 10am- Certified notary 12PM Salad Bar 1PM Memoirs	10AM Live Music & Dancing 1PM Mahjong 5PM Board Meeting 7pm NA Meeting	8:30AM Zumba Gold 10:30 AM Tai Chi 2:30pm Ping Pong	10:30AM Paper Crafts 4PM Cancer Support Group	10AM Coffee Social	Free Family Community Event! Summer Bash Food, Games, derby racing, vendors & more!
5PM Dinner Church	10AM Live Music & Dancing 12PM Salad Bar 1PM Memoirs	10AM Live Music & Dancing 12PM Salad Bar 1PM Mahjong 7nm NA Meeting	8:30AM Zumba Gold 10:30 AM Tai Chi 2:30pm Ping Pong		d P.C	

American Legion Post 200

3rd Thursdays at 7PM

Meets on the 3rd Thursday of each month at the HUB at 7 pm. Some do come in at 6pm for social time prior if you'd like to come down early. They provide Veteran service officer support, family assistance, and involvement in local patriotic and community events. Every local Veteran is welcome to join us. Contact info: Post Commander Roy Harrington, 206-817-8815, rcfh55@yahoo.com

# Card Making

Aug. 4th at 10:30AM

Cost: \$1 for members, \$3 for non-members. All supplies included! Come down and make some fun cards! There will be someone on site to show you how to make different patterns and designs. Can make them your own way or learn a different way to make them.

Certified Mobile Notary 2nd & 4th Mondays 10-12:30pm
In our lobby! \$10 per signature. Need to have ID Present

# Coffee Social 2nd & 4th Fridays

Cost: \$1 for members, \$3 for non-members. Come down for socialization and have some coffee and meet some new people.

# Cancer Support Group Thursdays from 4-5pm

Free Support group. Lets explore together in support of one another. It helps us to recognize that our journey is united and that together we can heal the things that our lives feel are not complete.

# Crafternoon

1st & 3rd Wed, 3:30-5pm

First class is Making beaded animal key chains. \$5 per person. second class is Making bird feeders with pinecones, peanut butter, and bird seed! \$5 per person

\*call for a larger family and we can possibly make you a deal so you can bring all your kids with you!

# **Dinner Church**

Sundays at 5PM

Free dinner by The Dinner Church, Small service afterwards.

# Derby Car Workshop Aug. 13th & 20th 10am-2pm

Free workshop by the American Legion Post 200!

Derby car kits cost \$8 and can be purchased prior to the workshops and available while supplies last at the workshops. Get help getting your car cut out and put together with the group that holds the Pinewood Derby every year! Have fun painting and making your car your very own!

# **Engaging Aging**

July 27th 1Pl

Free class. Engaging Aging with Guest Speaker: Tiiu Napp. She is an Author, Transformational Coach & Professional Speaker. Learn how to find freedom in your life!

Family Bingo All Ages! 3rd Fri. of the month at 6:30 PM \$1 per game! \$7 to play all 8 games! (game 7 & 8 played on same card) August's theme is Western! Come in dress to the theme to be entered into our raffle! There will be lots of prizes to win! Concession Stand. Tickets available online at Eventbrite.com (just search google and we're usually one of the first ones listed) and in person at The HUB.

### **Foot Care**

Once a month by appt only

The HUB does NOT schedule appointments. Please schedule all your appointments online at <a href="https://www.myfootcarenurse.net">www.myfootcarenurse.net</a> or call Pam Lindgren, RN CFCS 360-286-8403

# Live Music & Dancing Mondays & Tuesdays at 10 AM

Cost: \$1 for members, and \$3 for non-members. Join us these mornings from 10-12PM & dance to the tunes of local musicians. Varieties of bands that play older country music. Monday's featuring old time rock & rock by the Blue Suede Shoes.

# Mahiong



Tuesdays at 1 PM

Every Tuesday from 1pm until 4pm. \$1 for members, \$3 for non-members. All skills levels welcomed! Instructions available.

# Memoir Writing Club

Ages 18+

Mondays at 1 PM

Cost: \$3 for non-members, \$1 for members. This is a writing workshop for people who want to write and tell the different stories and events from their lives. Also, for those just enjoy writing as a hobby! Must bring your own preferred writing tools.

NMCV (NM Community Voice) Ages 15 2nd Thursdays at 6PM We bring speakers to our meetings to inform and educate our community on issues important to our community. http://www.nmcommunityvoice.org/

# OPTH Ages 12+, Meeting is 1st Sunday at 1 PM

Cost: OPTH (Olympic Peninsula Treasure Hunters)) is a non-profit metal detecting club. For more information email: hoodcanaldetectoristsclub@gmail.com

### P.A.C.K

# 3rd Wednesdays from 2-4PM

P.A.C.K. aka People for Animal Care & Kindness is a non-profit organization that meets in The HUB Parking lot once a month to hand out pet food and supplies for those who need it.

### Ping Pon

All Ages

Wednesdays at 2:30 PM

Cost:: \$1 for members, \$3 for non-members. We have all the equipment needed in our great room. Feel free to pull everything out on Wednesdays that you guys like, but please put it back at the end

### **Paper Crafts**

2nd & 4th Thursday 10:30 am

Cost: \$3 (\$2 members) 1st class is an Artist Trading Card Workshop. The 2nd class will vary each class from rolled paper art, paper beads, origami, junk journals, and much more!

# Reverse Mortgage Info

August 9th 10:0am

Table in lobby for free information. Come meet Patricia, a local reverse mortgage specialist. Get all your questions answered!

# Salad Bar

All Ages

Mondays & Tuesdays at 12 PM

Cost: \$3 for a small and \$5 for a large. Lots of topping choices!

# Summer Bash

All Ages

Aug. 27th 1-4 PM

Come join our FREE community event! Perfect for all ages. Donations greatly Appreciated \*parking off site\* There will be a petting zoo, a splash zone. derby car racing, metal detecting, a DJ, tie dye shirts getting made, games, vendors, and more! Sponsored by Local Wrench and North Mason Regional Fire Authority!

## The Practice

All Ages

Aug. 1st & 8th 3-5 PM

Cost: \$3 (\$1 for 2022 members) Come listen and dance to our new music as we practice and work out the kinks! Vocals and instruments with Rhodene, Linda, Paul, and Jim. Country and Americana.

# \*\*Tai Chi\*\*

Ages 18+

Wednesdays 10:30 AM

Cost: \$3 for members. \$5 for non-members. Beginners through advance participants welcome to this ongoing slow movement practice of this 37 posture form developed by Prof. Cheng Man-Ching promotes relaxation, balance, flexibility, and strength. For more info call Sue at 360.427.2955

## \*\*Zumba Gold\*\*

Ages 2+

Wed @ 8:30 AM

Cost: \$3 per class for members and \$5 for non-members. Pre-paid cards are available at the front desk. Perfect for active older adults who are looking for a modified Zumba class that recreated the original moves at a lower-intensity. Come strong. Class focuses on all elements of fitness: Cardiovascular, muscular conditioning, flexibility, and balance.

Classes may change on occasion.
Follow us on Facebook for the latest info.

\*We are available for Rentals!\*