

January 2023

Office Hours
 Mon-Thurs: 9am-4pm
 Fridays: Closed except special events

Sun. Monday Tuesday Wednesday Thursday Fri. Sat.

5PM Dinner Church  1	10AM Live Music & Dancing 1PM Memoirs Fitness Land Starts! 2	8-30AM Zumba Gold 10AM Live Music & Dancing 1PM Mahjong 7PM NA Meeting 3	8-30AM Dance Fitness 10-30 AM Tai Chi  Sports Wacky Wednesday 4	8-30AM Zumba Gold 10-30AM Card Making 5	6	11am-3pm Art Afternoon  7
1PM OPTH 5PM Dinner Church 8	10AM Live Music & Dancing 10am- Certified notary 1PM Memoirs 9	8-30AM Zumba Gold 10AM Live Music & Dancing 1PM Mahjong 7PM NA Meeting 10	8-30AM Dance Fitness 10-30 AM Tai Chi  Sports Wacky Wednesday 11	8-30AM Zumba Gold 10-30AM Origami Class 6PM NMCV 12	Clothing Bag Sale \$7 at The HUB Shop 13	Clothing Bag Sale \$7 at The HUB Shop 14
5PM Dinner Church 15	9-30AM-4pm Foot Care 10AM Live Music & Dancing 1PM Memoirs 16	8-30AM Zumba Gold 10AM Live Music & Dancing 1PM Mahjong 7PM NA Meeting 17	8-30AM Dance Fitness 10-30 AM Tai Chi 2PM P.A.C.K.  Sports Wacky Wednesday 18	8-30AM Zumba Gold 7PM American Legion Post 200 19	6-30PM Family Bingo Sports Theme 20	10am-2pm Saturday Market 21
5PM Dinner Church 22	10AM Live Music & Dancing 10am- Certified notary 1PM Memoirs 23	8-30AM Zumba Gold 10AM Live Music & Dancing 1PM Mahjong 7PM NA Meeting 24	No Classes 11-30am NM Chamber of Commerce Luncheon  Sports Wacky Wednesday 25	8-30AM Zumba Gold 10AM Paint and Sip 26	2023 27 28	
5PM Dinner Church 29	10AM Live Music & Dancing 1PM Memoirs 30	8-30AM Zumba Gold 10AM Live Music & Dancing 1PM Mahjong 7PM NA Meeting 31	*Private Rentals not added to calendar See back for prices and more detail. Call with any questions. Class prices have changed, please see the back 			

Art Afternoon First Sunday 11AM-3PM

Made possible by the Kitsap Bank. Class by donation. Come down and craft at your leisure. We have a variety of craft supplies that you are free to use. Can also bring a project you are working on from home too! Every month will feature one guest artist. Depending on artist, if they are teaching something they may have their own charge.

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 1st Thursdays at 10:30AM

Cost: \$2 for members, \$5 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. Elaine at 253-221-6403 & at KitsapLoanSigning@gmail.com

Clothing Bag Sale January 13-14th

All our everyday clothing items \$3 and under you can fit in a shopping bag. Also, any shoes under \$10!

Dance Fitness Ages 2+ Wed @ 8:30 AM

Cost: \$3 per class for members and \$5 for non-members. Perfect for active older adults who are looking for a faster paced movement fitness class. Class focuses on all elements of fitness: Cardiovascular, muscular conditioning and flexibility

Dinner Church Sundays at 5PM

Free dinner by The Dinner Church. Small service afterwards.

Fitness Land January 1st - February 28th

Free to join! We are playing a game similar to Candy Land. Except to be able to move your piece you have to do any Fitness activity at The HUB, home, walk 10,000 steps, or any other facility. First person to cross the finish line wins the grand prize. Keep playing because all who finish will still get a prize while supplies last.

Foot Care Once a month by appt only

The HUB does NOT schedule appointments. Please schedule all your appointments online at www.myfootcarenurse.net or call Pam Lindgren, RN CFCS 360-286-8403

Live Music & Dancing Mondays & Tuesdays at 10 AM

Cost: \$2 for members, and \$5 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.

Mahjong Tuesdays at 1 PM

Every Tuesday from 1pm until 4pm. \$2 for members, \$5 for non-members. All skills levels welcomed! Instructions available.

Memoir Writing Club Ages 18+ Mondays at 1 PM

Cost: \$5 for non-members, \$2 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.

NA (Narcotics Anonymous) Tuesday at 7PM

Free Support Group. For More Information on Meetings and Times Call 866-801-6621

NM Chamber of Commerce Luncheon October 26th

Call the North Mason Chambers for more info: 360.552.2377

NMCV (NM Community Voice) Ages 15 Dec. 8th 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+, December 11th 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.

We are available for Rentals!

Paint and (coffee) Sip January 26th at 10AM

\$25 must pre-register. Come paint a beautiful Valentine Gnome picture on wood with us. All supplies included. Coffee provided,

****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

Wacky Wednesday -Sports Every Wednesday

Come to the store any Wednesday in January wearing sports attire and you'll get a free baseball cap with a coupon to use that day (while supplies last)

Young Living Classes Date to be determined

Cost: \$2 for members, and \$5 for non-members. Watch out for our Facebook or our bulletin board to see when these classes will be. Subject changes per class.

****Zumba Gold**** Ages 2+ Tues & Thurs @ 8:30 AM

Cost: \$4 per class for members and \$6 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.

Origami Class January 12th at 10:30AM

Members:\$2, Non-Members: \$4. Come join Dorothy in making German Stars out of paper!



We have more classes that may be added in January and also some possible changes as we switch over to the New Year. Please have patience as we tie up all loose ends. With inflation we unfortunately had to make the hard decision of increasing some of our class cost. Most classes have only gone up by \$1. Thank you for spending 2022 with us. We hope 2023 is just as great!

Thank you, Love The HUB

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

